

Comfort Zone

Your comfort zone is the invisible but very real _____ you have created for yourself and your life that allow you to feel safe, secure and confident.

When you are young, it's very natural to expand your comfort zone as you are still learning and figuring out what you want. As you grow older that seems to change. Over time, many people tend to experiment and explore a little less than in their _____.

It is good for your brain, your overall health, happiness and longevity to continue to expand your sphere of comfort as you grow older. It is also essential to keep your youthful enthusiasm for life. Pushing the boundaries of your comfort zone can help you do that since _____ is the only constant in life.

I invite you to look at your life and the imaginary walls you have created for yourself.

Below are a few suggestions to stretch the _____ of your comfort zone. This is not an all-inclusive list. Be mindful that what may push one person's comfort zone is a normal routine for someone else.

1. Try a new food.
2. Smile at strangers.
3. Perform at an open mike night.
4. Stop reading and listening to the news.
5. Meditate for 15 minutes or more each day.
6. Make a mistake – on purpose.
7. Call someone you admire in your community and ask them out for lunch.
8. Switch sides of the bed with your partner.
9. Confront a phobia.
10. Learn a new language.
11. Ask for help.
12. Forgive someone or yourself.

Pick one thing from the list above or of your own choosing that you will do in the next 24 hours to push the boundaries of your comfort zone.

Comfort Zone Answer Key

boundary

youth

change

boundaries