

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

EXPAND YOUR COMFORT ZONE AND ACHIEVE YOUR DREAMS

This week's focus: Understanding how our psychological comfort zones work, and how we can expand them.

Why it's important?: If we want to further ourselves and achieve our goals we need to expand our comfort zones and expand our horizons.

What will we tell you?: What happens in the different areas of our comfort zone, and how we can make things easier for ourselves, by stretching our comfort zone.

- 1** The concept of our comfort zone is split into three distinct areas – **Habit Zone, Action Zone and Discomfort Zone**
- 2** **Habit Zone** – This is the place where we exist without thinking, where everything is habitual and comfortable. Things here are really easy – think of activities like making a brew, getting dressed, driving your car after driving for a number of years. It could also be the habits that aren't that good for us – always having a biscuit with a brew or walking straight to the fridge when you walk in the house. The habit zone forms as you develop certain habits, beliefs, rituals and psychological rules throughout your lifetime.
- 3** **Action Zone** – In this zone, you are somewhat comfortable but have to do things, that you aren't familiar with. An example would perhaps be driving your car in an unfamiliar place. Or it could be cooking a new complex recipe, when you can already cook. Here you are compelled to take action that makes you slightly uncomfortable but you have enough confidence to be able to follow through and complete the challenge.
- 4** **Discomfort Zone** – This is the place where you **haven't** mastered the skills or knowledge to exist comfortably. Like the place you put yourself when you want to break bad habits, such as avoiding eating slices of bread and butter when you are cooking tea. Or it could be when you need to learn a new skill, such as when you are first learning to drive.
- 5** **Existing in the discomfort zone** – It isn't always about mastering the skills to exist in the discomfort zone – because once you have mastered the skills it actually becomes your comfort zone. Learning to exist in the discomfort zone, requires you to change and challenge your beliefs about yourself. The discomfort zone is like another world. Here we need to be wary of self-sabotage that is linked to our beliefs that we don't belong in this world. Work on your beliefs about yourself and you will be able to exist in the discomfort zone.
- 6** **Expanding your comfort zone** – Your comfort zone expands when you successfully overcome the discomfort zone. The problems you experience in the discomfort zone force you to adapt, think differently and adopt new beliefs about yourself. You might get set backs when trying to overcome the problems in your discomfort zone, but the only way to expand it, is to get back up and get going again. When your comfort zone expands, you develop new skills, you acquire more knowledge and you become more resilient.

Key Messages

Whenever we face a challenge in life, when we come out the other side, 9 times out of 10 we have grown and changed for the better. We feel stronger and more able – we have surprised ourselves.

These challenges are just opportunities to unlock strengths and abilities we never knew we had.

Don't shy away from opportunities to challenge yourself, it might make you feel uncomfortable but the results can be life-changing.