

6 IDEAS FOR GETTING OUT OF YOUR COMFORT ZONE



1

Take On More Projects

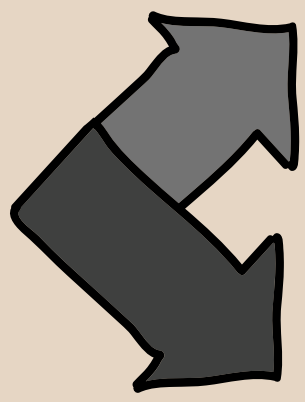
Ask for more responsibility and create new opportunities for yourself. Take on a project that you have not considered doing before.

2



Reframe Stress

Relabel some of your stress into 'positive stress' - a sort of excitement before a novel situation. Often the stress we perceive gives us the energy kick needed to perform well.

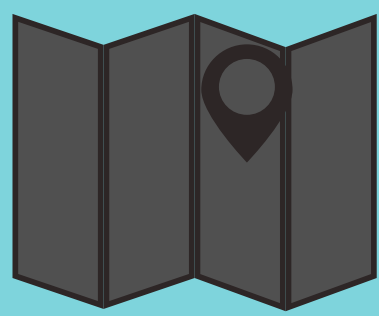


3

Do Everyday Things Differently

Break some of your comfortable routines: cook something new, turn off your smartphone, change mealtimes, try a new hobby.

4



Follow A Different Route And Discover

Choose new routes when you travel and enjoy the little details that make each place unique.



5

Challenge Your Beliefs

Read new book genres, talk to someone you would normally avoid, visit new places or check out alternative news pages.

6



Set Yourself A New Challenge

Is there something you have always wanted to do but did not? Write these things down and consider tackling them now.