

EPISODE 010

Getting Out of Your Comfort Zone is Easier Than You Think. Here's why!

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DIANA HIMES: Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode we're going dig deeper in why getting out of your comfort zone is easier than you think.

Do you agree that it can be so easy living life in your comfort zone? You know the place I'm talking about? It's where you're navigating life on autopilot just trying to get through the day. You're basically doing the same thing you did yesterday and will probably do again tomorrow.

It's like you're living each day on repeat which can give you a sense of safety and security. The reality is, you're not truly living your best life when you're on autopilot! Are you really safe and secure from life's challenges if you're doing the same thing day in and day out?

From my own experience, the answer to that question is NO! My comfort zone gave me a false sense of security that came crashing down because I wasn't paying attention. It was when I hit the bottom that I discovered how much better life is when I get out of my comfort zone.

Being willing to do things differently in your life requires a commitment to try new things. It's a way for you to feel safe enough to stop letting fear hold you back from getting what you want. Being committed to doing things differently in my life has helped me to...

- Stop saying "Yes" when I want to say "No."
- Start making myself a priority in my own life.
- Set boundaries to protect my energy and peace.
- Make decisions regardless of what anyone else says.

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- Take charge of my life so I'm living each day the way I want.
- Find peace, calm, and balance among the chaos.
- Focus on the present and heal the past.
- Forgive myself and those who've hurt me.

Think about it this way...when you're living your best life, you willingly take every opportunity you can to learn and grow. Even when it's uncomfortable! You welcome the challenges and recognize them as your chance to do things differently in your life.

This requires you to take risks that make you get out of your comfort zone. And when that happens, ask yourself..."what's the worst thing that can happen if I take this risk?" Then ask, what if questions like "what if this works out" or "how will this positively change my life" or "is this getting me closer to where I want to go."

While it's not always easy, nothing worth having in life ever is. Remember, it's the choices you make and the things you do when you're uncomfortable that have the most impact. You can't fail if you try...you either succeed or you learn!

Here's a question for you...have you ever been scared to do something you've only dreamed of doing? Of course you have. And I know why!

Fear has a way of holding us back from going after the things we want the most. It doesn't matter what you're afraid of, what does matter is overcoming the fear. I know that's not easy to do and here's the ONE thing that helped me change how I looked at my fear.

Remind yourself that you can't fail!

Whenever I'm afraid to get out of my comfort zone and do something I've never done before, I remind myself that I can't fail. I'll either succeed or learn something new!

Yes, it's scary getting out of your comfort zone. But staying in a place of comfort doesn't help you become the best version of yourself that you can be. Or get everything you want in life!

It's not about being perfect, it's about making progress. Each time you try something new, and practice it for a while, you're going to get better at it. Let these ideas give you a place to start...



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- Do something you've always wanted to do. Find one thing on your bucket list and do it. If it's easier for you, find someone to do it with you. They'll help inspire and motivate you to do what you've been hesitant to do on your own.
- Add one new thing to your daily schedule. It doesn't matter what it is, it matters more that you consistently practice that one new thing for at least a week.
- Learn a new skill. Gain a competitive edge at work or in life by upleveling your personal or professional skills. There's a bunch of FREE resources available that'll help you learn something new and give you a leg up on the competition.
- Go somewhere you've never been before. Traveling is one of the most FUN ways to get out of your comfort zone. Yes, it can be overwhelming but the rewards are definitely worth it. It also changes your perspective and exposes you to different cultures.

Don't let being uncomfortable stop you from doing things you've only dreamed of doing, there's a whole new world right outside of your comfort zone! Let these journal prompts help you get started!

- What are you willing to do differently to get that thing you want most in your life?
- What holds you back from getting everything you want? Be specific and provide as much detail as possible.
- What's one thing you could do right now to get out of your comfort zone?
- What scares you the most about getting out of your comfort zone?

FAQ of the Week

What steps can I take to make it easier to get out of my comfort zone?

I know it's not easy doing things that make you feel uncomfortable...your body can start to sweat, your hands shake, you feel butterflies in your stomach, and you can't think straight. I get it, I've felt all of these and it doesn't feel good! But I've got a remedy for you! And here's the steps to take...

1. Deep breathe your way to peace. Inhale through your nose so your belly expands like a balloon and exhale out your mouth so your belly constricts. Keep breathing deeply until you're relaxed and able to think clearly.
2. Ask yourself questions to gain clarity and perspective. Every challenge is an opportunity to grow and learn so be grateful for it. And then get curious. The more curious you are, the easier it'll be to find answers especially if you take the time to journal about what's holding you back. Start with...what's stopping me from moving toward my dreams?

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3. Don't let what other's say or do influence you. Some people in our lives have a way of making us question ourselves and the decisions we make. You're the only person who lives your life so it's up to you how you decide to get out of your comfort zone. Solicited or unsolicited advice only helps if you want to use it AND it feels right to you.
4. Take action! You've got everything you need to get anything you want. Have faith in yourself that you can do what needs to be done even if that requires you to get out of your comfort zone.

And that brings us to the end of this week's show! Now it's time for you to decide what you're going to do differently this week. Take 10 minutes right now and get started answering the journal prompts.

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of Tough Love for Sensitive Souls. Until then, don't forget that you've got everything you need to get anything you want!



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