

Steps to Take When You Outgrow Your Comfort Zone

01

STEP 1: RECOGNITION

Recognize that you are at the edge of your comfort zone and you're ready to grow beyond it.

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STEP 2: TELL YOURSELF THE TRUTH

Tell yourself the truth that your old life is over, then track and honor any feelings you have about leaving your old life.

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STEP 3: ACKNOWLEDGE THE PAST

Acknowledge some of the key gifts from the life phase or life identity that is over.

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STEP 4: REFLECTION ON INNER SABOTEURS

Reflect on which of your inner figures want you to stay in your comfort zone (who might sabotage your growth).

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STEP 5: IDENTIFY & GET SUPPORT

Identify who or what could support you to take the next step to move beyond your comfort zone-get that support!