

# LANDMARK LIFE COACHING

## TOP 5 WAYS TO OPERATE OUTSIDE YOUR COMFORT ZONE

Staying within our comfort zones provides no opportunity for growth. Finding ways to operate outside of our comfort zone can be a challenge and scary to some extent. In order to achieve new levels and be successful we need to figure out how to operate outside of our comfort zone so that shifts and growth can happen.

1. **Incrementally.** Not all shifts or growth have to come in one big swoop, choose an incremental path that will allow you to operate in new ways.
2. **Areas that interest you.** If you are going to take a leap of faith do it in area that you have deep interest in so when things seem daunting you are willing to move forward.
3. **Areas where you have a network of support.** Find an area where you know someone that is already operating in that particular area and use them as a support system when you venture out.
4. **Allow yourself to fail.** Understand that being outside your comfort zone can certainly increase the chances of failure, allow that to be ok.
5. **With a positive attitude.** Enter into new areas and take actions outside of your comfort zone with a positive attitude that it's what you want to do and what you need to do.

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