



Step Out of Your Comfort Zone: Stretch Yourself

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This worksheet is a supplement training guide to “Step Out of Your Comfort Zone: Stretch Yourself” video published on August 1, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

“The further you get away from yourself, the more challenging it is. Not to be in your comfort zone is great fun.” ~Benedict Cumberbatch

If you want to be a leader, entrepreneur, or visionary, you must learn to leave your comfort zone and embrace changes and challenges. Sometimes what keeps us from getting what we want in life is our reluctance to change our habits and routines. We as humans are wired to seek comfort or the path of least resistance — and as a consequence, our everyday lives become boring and routine. Can you blame us? We endure them because we fear what is next, or we think we're 'stuck' in this situation. Whatever it is — we can break out of these patterns, create positive change, and move one step closer to your personal greatness.

What can you do to get out of your comfort zone?

Fight your fears – To get unstuck, you first need to identify and explore what fears may be holding you back. Then, you can work to face and resolve them so that you can move ahead with what you want in life.

Relentless Pursue of Your Personal Greatness – Sometimes we just need to throw our hats over the wall and take a big risk for big rewards. For example, many people dream to leave their corporate jobs to pursue a hobby or talent that has been a passion and just need to figure out how to make it happen.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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