



**Get Out of Your
Comfort zone**

Move Out of Comfort Zone

- One of the reasons why many successful people in the world achieved extraordinary success is because they were able to think differently, take risks and move out of their comfort zones.
- Many people remain unsuccessful and stay in their comfort zones because of fears, limiting beliefs, habits or simply because of laziness.



Frightening To Get Out

- To many people, moving out of their comfort zone can be very frightening. However, it is certainly the single most important step we can make towards achieving peak performance in anything we do.
- We must be willing to take actions we have not previously taken if we expect to achieve different results than what we have been getting. “
- Tony Robbins once said "If you do what you've always done, you'll get what you've always gotten."



Face Our Fear

- The best ways to move out of our comfort zone is to face our fears and do the things we fear most. In fact, many of our fears are unnecessary and counter productive. We frighten ourselves unnecessarily about things that will never happen.
- Franklin D Roosevelt was right when he said "The only thing we have to fear is fear itself." We should face our fears and see them for what they really are.



Break Our Habits

- Habits determine our outcomes and our negative habits always create negative consequences that prevent us from getting the success we want. In order to become more successful, we can start by replacing our bad habits with more productive ones.
- Research shows that it takes only 21 days to develop a habit. According to Paul Getty, the individual who wants to reach the top in business must appreciate the might and force of habit. He must be quick to break those habits that can break him and hasten to adopt those practices that will become the habits that help him achieve the success he desires.



Break Our Self-Limiting Beliefs

- Self-limiting beliefs are things we believe about ourselves that place limits on our aptitudes.
- Self-limiting beliefs are when we think that we are not good enough to do certain things or we are not intelligent enough to succeed in life. Many of these beliefs are not true, but they make us stay in our comfort zones and play small in life.
- We can eliminate our limiting beliefs by becoming aware of them, identifying them and replacing them with more positive beliefs.



Break Free from Comfort Zone

- In order to succeed in anything, you need to break free of your comfort zone, and step into the unknown.
- Getting out of your comfort zone is not always easy and often requires lots of hard work, discipline and persistence.
- Brian Tracy once said, “90 to 95% of people will withdraw to the comfort zone when what they try doesn't work. Only that small percentage, 5 or 10% will continually improve themselves; they will continually push themselves out into the zone of discomfort, and these are always the highest performers in every field.”



Share It

Thanks for reading.

Please Download and Share this message with
your family or loved ones.

Who Knows, Someone Might Just Be in Need of a
Positive Message.

<http://www.motivationstuff.com>

