Mindfulness 120 Name:

**Our Comfort Zone**

Our comfort zone is a not an actual place, but rather a psychological state where we feel safe, secure, and in control. It represents areas in our life where we generally know what to expect, feel skilled in handling the situation or tasks involved, and experience little stress or anxiety. It is a natural human desire to stay in our comfort zone and to protect ourselves from increased stress or the possibility of emotional or physical discomfort.

So why would we choose to step out of our comfort zone and willingly increase our stress levels? It turns out that stepping out of your comfort zone has huge benefits.

• We become more productive. Being too comfortable can decrease our drive and ambition. A level of “optimal anxiety” increases our skills and performance.

• When we take risks in small, controlled ways, we get better at dealing with change.

• We gain confidence and self-efficacy as we learn that we can handle discomfort and the unexpected.

• New experiences and skills increase creativity and insight.

Life is going to throw challenges and the unexpected at us no matter what. By choosing to step out of our own comfort zone, we are better prepared to handle any situation.

In the inside circle jot down the things you do with ease, the things that you are comfortable doing. In the outside of the circle jot down the things that you avoid doing because they make you feel uncomfortable. Around the circle jot down things that you would NEVER imagine yourself doing.

Comfort Zone

The middle circle is what we call The Area of Optimal Learning. Pick one of the things you jotted down in this area and commit to trying it. Let’s give ourselves a timeline. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Before: The Plan

1. Your chosen task:
2. The Why:
3. The How:

After: The Result

1. Describe the time when you stepped out of your comfort zone.
2. What were the effects of this experience?