

Expanding Your Comfort Zone

Unlocking your Hidden Potential

Learning to expand your comfort zone is a crucial skill that will help you to reach your full potential in all aspects of your life. It may be scary to try new things, but doing so will help you learn to **take important risks, feel more confident, and open lots of exciting doors** that would have been closed to you otherwise.

Use the step by step process below to get started and help guide you on your new path to success.

STEP 1: HOW DO YOU WANT TO EXPAND YOUR COMFORT ZONE?

Write down how you want to expand your range of comfort. Perhaps you want to take advantage of campus resources like tutoring or career counseling. Maybe you want to join a club. Or, maybe you just want to feel more comfortable talking to your professor or asking questions during class. Start by writing down what you want.

STEP 2: WHAT'S HOLDING YOU BACK?

Understand why you're having a hard time expanding your range of comfort. If your goal is to take advantage of resources, but you've found it difficult to take that step, is it because you don't know what questions to ask? Maybe it's because you're not sure what to expect. Or, maybe you're feeling a little intimidated. Write down the obstacles that seem to be getting in your way.

STEP 3: MAKE A PLAN

Now that you know what you want to do and what's holding you back, it's time to make a plan of action to move forward and expand your comfort zone. Write down three ways that you can overcome the obstacles that have been holding you back from feeling empowered and reaching your new comfort zone.

1.

2.

3.

4.

You can repeat this process for many different aspects in your personal, academic, social, and career lives. The more you work on it, the bigger your new comfort zone will be, and the more successful you will become!