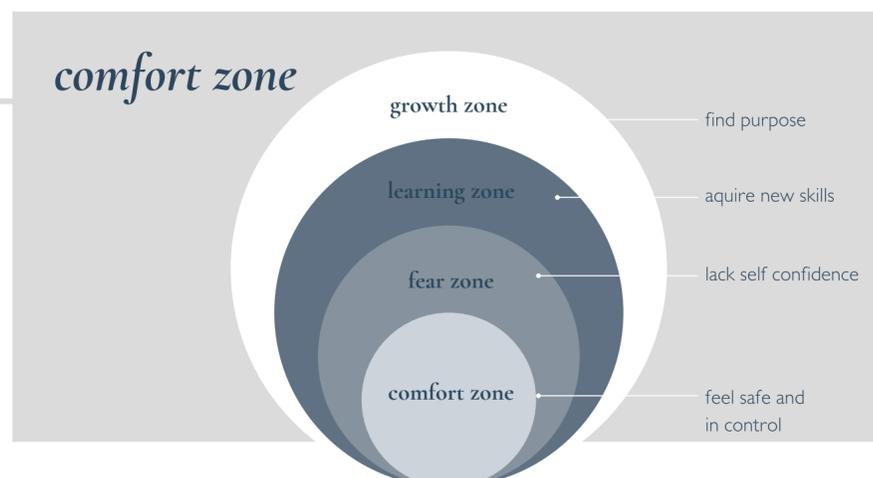# beyond your comfort zone

comfort, fear and failure

workshop recap

You may have come across the saying: 'Our comfort zones are a nice place to be, but nothing grows there'. Come along to this workshop to understand the benefits of stepping outside your comfort zone and saying 'yes' to the things you want to do. By taking action, you can improve your self-confidence and move closer to achieving your goals. With practical activities and techniques, you'll learn how to reframe failure, move through procrastination and start achieving more.

comfort zone

growth zone — find purpose

learning zone — aquire new skills

fear zone — lack self confidence

comfort zone — feel safe and in control

mental time travel

Mental Time Travel (MTT) is the ability to mentally project yourself into the past or future, imagining events that have happened or could happen. It's a unique cognitive skill that helps with decision-making, learning, and motivation.

What is something that you now do with ease that was previously outside your comfort zone?

Fear setting - bring your fears out of the dark (Tim Ferris)

- Write down one, current fear you have
- How likely is it that this fear will become a reality? (1/10)
- What is the worst case scenario? What might go wrong?
- How could you prevent this (worst case) becoming a reality?

- What actions could you take to repair the damage if this (worst case) were to come true?
- What would the benefits be if you took action?
- What are the costs of doing nothing?
- Now, reassess how you feel in relation to the fear.
- What action will you take now?

"Confidence is the reward of taking action" Dan Sullivan

practical techniques

- Self reflect - use intentional reflection to learn about yourself
- Practice mindfulness - breath work, journaling, meditation
- Gradual exposure - break bigger goals into small actions
- Values - how does the goal align with your values?
- Reframe - negative self talk
- Seek support from peers, colleagues, mentor.

practical techniques

- Consider the scale of awfulness - on a scale of 1-10 how awful is this thing?
- Perspective - use mental time travel; in one year's time, how important will this be to me?
- Change your environment if you feel stuck
- Pomodoro technique - 25mins of focused effort
- Find an accountability buddy
- Track and reflect on progress made.

further resources

Tim Ferris - Fear Setting TedTalk
Amy Edmondson - The Right Kind of Wrong
The Power Hour Podcast with Amy Edmondson
The High Performance podcast with Dr Pippa Grange
Fear Less - Dr Pippa Grange

Fear Setting with Tim Ferriss - worksheet

Put Your Fears Under a Microscope
The first page of fear setting is about getting up close and personal with your fears. Instead of shying away from thinking about it, you dive in head-first to understand them more clearly.

Define: List out everything you fear about the idea of taking action.
1.

2.

3.

4.

5.

Prevent: List ways you could reduce the likelihood of each of the worst-case scenarios from happening
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-
-
-
-
-

Repair: List the ways you could repair the damage if worst came to worst.
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-
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-
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Now, in the 'Define' section, assess the impact of the worst-case scenario. Rate 1-10, with 1 being very minimal impact and 10 being permanently life-altering in a significant way.

Consider the Potential Benefits of Taking Action

On this page, give yourself space to be more open and consider what might go right if you do take action. Write down all the positive benefits of even an attempt or partial success at taking action.

Now, assess the potential positive benefit of these successes. Rate 1-10, with 1 being very minimal impact and 10 being permanently life-altering in a significant way.

Consider the Consequences of Inaction

Consider all the consequences on inaction including financial, emotional, and physical at each time on the horizon. Be detailed, this step is equally as important as the others but often forgotten in decision-making.

3 Months

6 Months

2 Years

Reflect

Stand back from this exercise and assess how you now feel about your fear. What is an action that you will take now? How will you hold yourself accountable? When do you need to review progress?