

It's called your Comfort-Zone for a reason. It's your haven of safety. Don't let anyone bully you into leaving it unless you are happy to do so.

Your Comfort-Zone and How to Use It.

3RO Ltd – Life Coaching for You!

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WARNING!

Below is a relatively traditional coaching representation of “You in your Comfort-Zone”.

There’s the present-you in the centre circle, all safe and secure with the regular daily habits you have established, e.g. wake up, make coffee, feed the dogs/cats/children, check for emails, etc., etc.

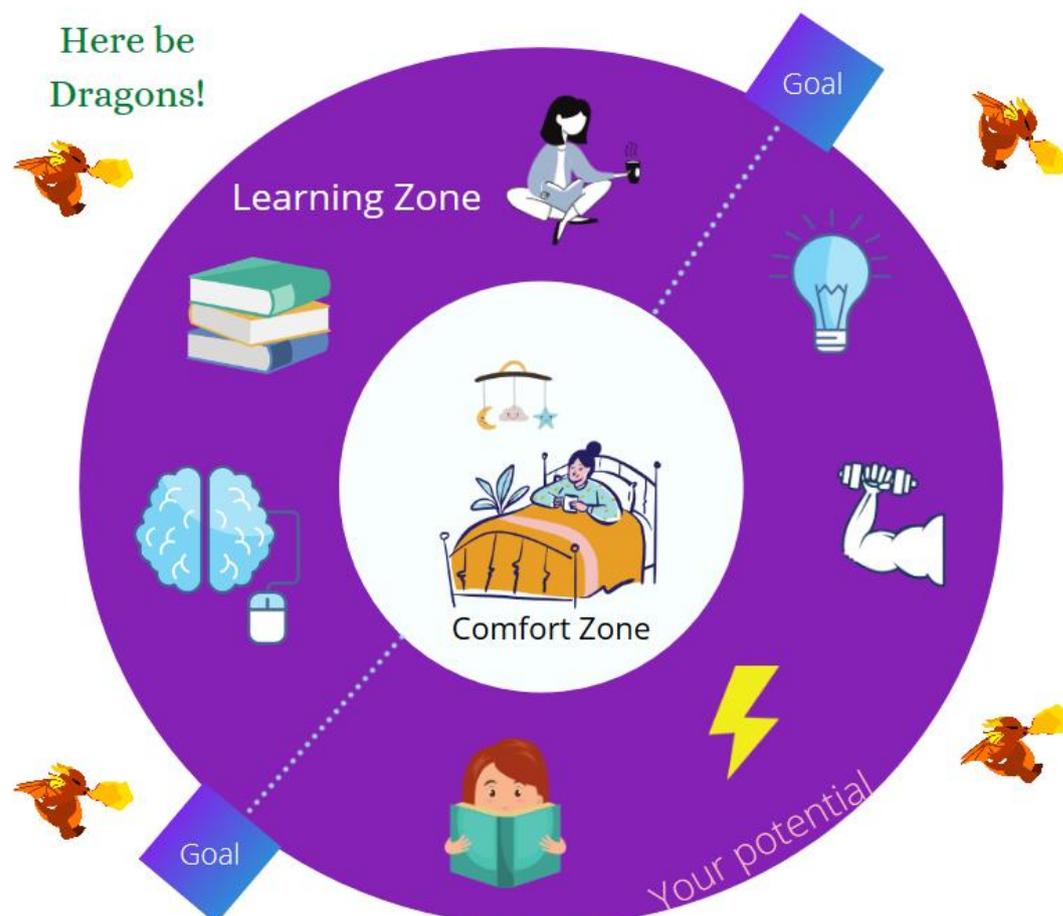
In between the edge of your comfort-zone and the next circle-edge is the (purple) “Learning-Zone”. The outer edge of the learning-zone is “Your Potential”. (Outside that outer-ring is a scary place, apparently.)

The usual coaching aim is for clients to choose a goal and then make the journey from their comfort-zone to reach their goal.

It is a simple visual. If it’s helpful, please feel free to bear it in mind.

Personally, I’ve never been a fan. I can cross that purple centimetre mentally in a nano-second. However, making real changes to reach really worth-while goals takes much longer. Sometimes it’s an ongoing journey of years because circumstances can be fluid.

Real, serious, lasting change for the better does not happen quickly and easily, as this diagram might suggest. It takes time and effort from the person wanting to make the change.



Is it wrong to want to stay in my Comfort-zone?

Absolutely not! Don't let anyone tell you this, or bully you into doing anything you do not whole-heartedly want to do.

There are two excellent reasons for this:

- 1) Only you can decide when and how you want to make a change.
- 2) Only you can know what you want that change to be and why.

Attempts by anyone else to try to persuade you to do something you are not willing to commit to is a waste of your time and ultimately doomed to fail and disappoint all parties.

Your comfort-zone is where you can rest, think, dream, consider your options and find all the resources you are going to need, before any substantial change can be made.



Once I've left my Comfort-zone is there no going back?

You can always return to your comfort-zone. It's always there for you. It may change, as we are all constantly changing, every day, but it's healthy practice to be able to know when to let yourself relax and pause to enjoy the journey. Every day dawns but once – don't miss the beauty along the way.

We love our comfort-zones because the view from there is wonderful.



What if I never leave my Comfort-zone?

You'll probably miss out on a lot in life, but ultimately that's your choice. Perhaps you are blissfully happy with your life just as it is. In the final analysis you are the judge and jury on that subject.

I doubt that there are many people who have always been able to stay in their comfort-zone, because life happens.

Once upon a time you were in your comfort-zone snuggled safely in your mother's womb, but that couldn't continue forever. You left that comfort-zone and found a new one, and you have continued to do so all through your life.

How can I get out of my Comfort-zone?

The possibilities are limited only by your imagination.

Here's a few ideas to get you started.

1. If you feel you want to start gently, make small changes to your everyday habits. For example:
 - Brush your teeth with your non-dominant hand.
 - Set specific times for checking your emails/social media and only check them at those times.
 - Drink something different instead of your usual beverage.

2. Once you've become comfortable with small amounts of change in your daily life, you will have created a new, expanded comfort-zone.
You might then feel you are ready to try a few more changes.
It's time to think about what direction you want these new changes to be taking you. A new hobby? A promotion? A new career?
Perhaps, for example, you might:
 - Signing up for a course to learn something new.
 - Start conversations with people you wouldn't usually talk to.
 - Volunteer to help in your local community.

3. When you feel ready for larger changes, your possibilities are limited only by your imagination.
Look around. What are other people doing that appeals to, or inspires, you?
If they can do what they are doing, you can probably do it to.
Find out how they got where they are. What you can learn from their journey?



CONCLUSION

Some people never enjoy being outside of their comfort-zone. That's okay. We each create the comfort-zone we need. The key point to acknowledge that change is inevitable. Change will happen. Won't it feel better to be the one choosing the changes, rather than waiting to see what happens after everyone else has made their choices.

Other people absolutely love pushing themselves way, way out of their comfort-zone, constantly enjoying the adrenaline rush of new challenges: e.g. public speaking, flying, parachuting, singing, acting, diving, etc., etc. But don't kid yourself. These adventurous people still have their comfort-zones that they will retreat to whenever they want.

We are all different. Thank goodness!

Your comfort-zone is a resource. Learn to use it in the best way that works for you.



If you would like help with clarifying your goals, and devising a strategy to reach them, you can contact me via my website www.3ro.co.uk

A handwritten signature in purple ink that reads 'Pam' with a small 'x' mark at the end.

www.3ro.co.uk