

How to Step Out of Your Comfort Zone

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There's not a lot of room for adventure and excitement in your comfort zone. To add a little zest to your life, it's important to try new and sometimes scary things. Stretch your limits! Getting outside of your comfortable box may be tough at first, but facing unfamiliar challenges can make you happier and more fulfilled in the long run. To become a pro at taking these chances, learn to think positively about stepping out of your comfort zone. Then you can work to make your new attitude stick with you for the long haul.

Method
1

Method 1 of 13: Pick activities that challenge you.



1 Think about a few things that scare you or make you nervous. Write them down in a list, and put a star next to the one you want to start with. You can tackle the others later. Making a list helps you formulate a plan for how exactly you want to put yourself out there. Rather than just thinking about it, coming up with specific ideas forces you to put these plans in motion.^[1]

- Your list may include things like: "Go skydiving, read *Moby Dick*, write a short story, go on a blind date."

Method 2 of 13:

Ask yourself why you want to tackle these new obstacles.



1 Come up with a reason (or a few). Think about what you're going to get out of these new experiences. Once you have your answers, write them down on a piece of paper and keep it with you. Return to the paper anytime you want to back out. This can help remind you why you originally wanted to step out of your comfort zone and boost your motivation.^[2]

- If you're going on a blind date, for example, you might tell yourself: "I've gone on lots of dates I set up myself, and I haven't met someone I can picture myself with long term. This could be my chance!"
- Maybe you want to **move** to a new city, but you're afraid you'll miss your friends and family in your hometown. Remind yourself why you originally set out to move, such as better job opportunities and the chance to meet new friends.

Method 3 of 13: Bring a buddy for some added support.



1 **Doing something new on your own can make it even more challenging.** There's no reason you can't rely on friends or family to help you get out of your comfort zone! Pick someone who's naturally adventurous to be your partner in trying new experiences. If you set a goal to hike somewhere new every weekend, for example, bring a friend along! It'll be more fun to reach the end of the trail with a buddy, and they can make you feel more comfortable navigating the unfamiliar terrain.[3]

- Your partner-in-crime should be aware of what you are doing and want to go along with it, too. If you decided you want to learn how to **cook**, ask a friend who's into food to take a cooking class with you.

Method 4 of 13: Do some research to get more information.



1 You'll be more comfortable trying new things if you're informed. This new activity might feel like you're facing a big question mark at first. To answer all your lingering questions, go online and read about it. This will leave you feeling a little less lost, and can even help you get excited for the change! Make sure the information you find is reputable to ensure you're knowledgeable and prepared.^[4]

- Let's say you're moving to New York City, but you don't know anything about it. Research the different neighborhoods you could live in, how to navigate the subway system, and all the fun things you can do in the city.
- Try for .gov, .org, or .edu websites when you can. Otherwise, be sure to avoid sites with misspellings or formatting problems.
- The Internet can sometimes be overwhelming. While it's a great idea to be more informed, don't dig so deep that you start scaring yourself with scenarios that are unlikely to happen to you.

Method 5 of 13:
Break the activity down into small steps.



1 You don't have to do the activity all at once. If you're feeling intimidated by the challenge you've picked, make it a multi-step process that will let you slowly climb that mountain. Conquering your fears gradually can help ease you into new challenges. Think of it like learning how to [swim](#). You start in the shallow end and work your way to the deepest part of the pool with time!^[5]

- Maybe you want to [go skydiving](#), but you're feeling terrified about jumping out of that plane. Go to the top of a really tall building and take a peek over. Then, try a smaller-scale activity that involves heights, like parasailing or [bungee jumping](#) at a theme park.

Method 6 of 13: Give yourself an ultimatum.



1 Don't give yourself an out. Tell yourself that you're trying this new thing, or you'll "take away" some other daily activity you enjoy. Maybe you want to take a painting class, but you're nervous because you've never painted before. In fact, you suddenly fear you won't enjoy painting at all. Tell yourself that if you don't go through with the class, you won't be allowed to watch the new episode of your favorite TV show.^[6]

- If you don't like the new thing, you never have to try it again. Just make yourself try it once so that you can make an informed decision about whether you like it or not.
- The punishment for your ultimatum should be primarily mental, but if you're really struggling, make it concrete. Say to yourself: "No coffee for a month if I don't try this."

Method 7 of 13: Think positively to overcome fear



1 Visualize challenges as chances to grow. The biggest obstacle keeping you from stepping out of your comfort zone is fear, especially fear of failure. Instead of focusing on the possibility of failure, think of steps outside your comfort zone as opportunities. You may be right around the corner from changing your life for the better!^[7]

- Stepping out of your comfort zone can make you happier and more fulfilled. Keep those positive possibilities at the front of your mind to push out the fears.
- For example, you want to throw your name in the ring for a promotion that just came up at work, but you're terrified of not getting the job. Instead of focusing on that outcome, imagine what could happen if you get it!

Method 8 of 13: Coach yourself through scary situations.



1 **Some good self-talk can be really helpful in these moments.** When stepping outside of your comfort box, repeat encouraging, positive phrases to yourself. Use your name and the first person to make it more effective.^[8]

- You can say something like: "Jenna, I know you're scared, but you're going to try this anyway. Just think about how much fun you could have! You're strong and brave."
- You can even find a quiet spot or a private bathroom and talk to yourself out loud in the mirror.
- This can really help you with that final push. You're in the plane, ready to jump out for your very first skydiving experience. Don't stop now!

Method 9 of 13: Practice deep breathing to relieve stress.



1 Take **deep breaths** and focus on filling your belly with nice, clean air. As you breathe in, picture yourself also taking in confidence. Once this confidence has filled you up, it's there to stay. Release your breath and your insecurities along with it. This will help you relax and actually enjoy life's new challenges, as you won't be so distracted by feelings of stress, insecurity, or fear.^[9]

- This can be a great daily exercise, or something you do right before you need an extra boost of confidence. For example, be sure to take a few deep breaths before you meet your blind date.

Method 10 of 13:

Picture the worst-case scenario to put your fear in perspective.



1 Ask yourself, “what’s the worst that could possibly happen?” Think about ways you could deal with those circumstances if they happened. Once you’re prepared for the worst, you can only be happily surprised by something better!^[10]

- Avoid answering your question with crazy possibilities like: “I could die.” If you do this, then follow it up by thinking through how unlikely that is.
- Let’s say you want to take a cross-country road trip, but all you can think about is getting stranded if you break down or run out of gas. Make a plan for this! Bring along an extra gas tank and a radio to get in touch with emergency services.

Method 11 of 13:

Do small daily activities that you normally wouldn't do.



- 1 Challenge yourself in small ways every day.** Look for ways to step outside of your comfort zone by taking tiny actions.^[1] Once you've made stepping out of your comfort zone into a daily routine, it'll be much easier to handle bigger challenges.^[2]
 - For example, you could start up a conversation with a stranger at the grocery store, listen to a new genre of music on your drive to work, or try a different flavored coffee in the morning.

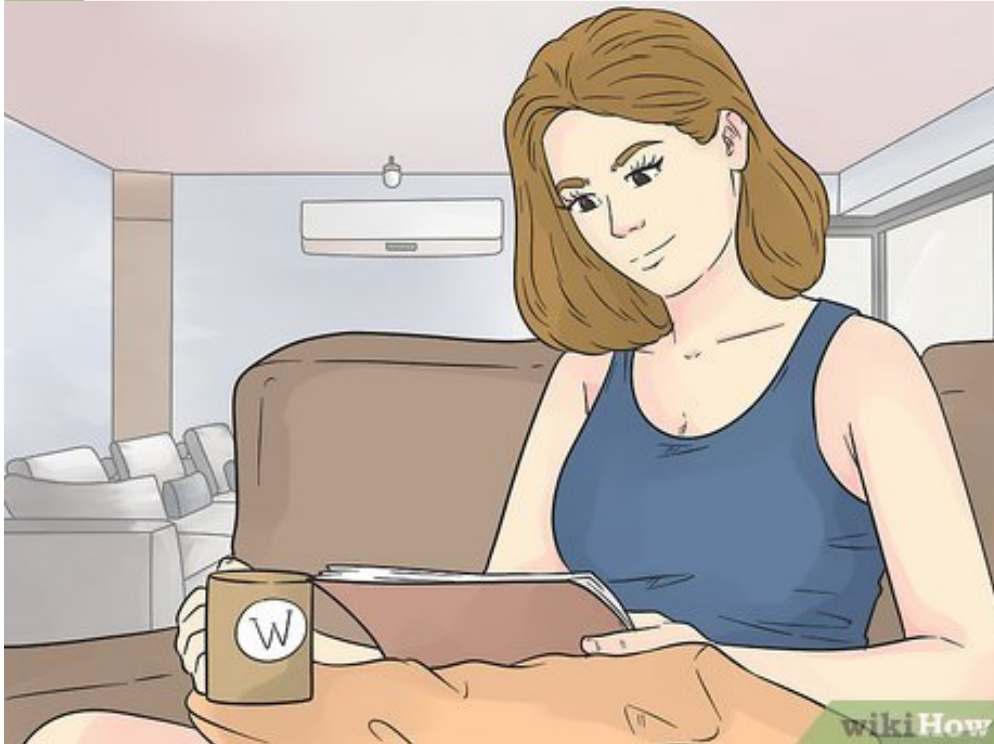
Method 12 of 13: Change your usual habits to mix it up.



1 If you're stuck in a rut, break the pattern! Look for spots in your life that feel repetitive or monotonous. If you always go to the same coffee shop each morning, try the other one across the street instead. Changing up your routine helps bring new experiences into your life.^[13]

- Maybe you'll become friends with the barista at the new coffee shop, or perhaps you'll discover a new favorite coffee drink. Target any opportunity in your day-to-day to step outside your comfort zone and liven up your life!
- Even small changes can enrich your life. If you always order vanilla ice cream, go for caramel next time.

Method 13 of 13: Turn every day into a learning experience.



1 **Change the way you view your day-to-day life.** Look at each day as a chance for you to learn something new. Remember that this can only happen if you're stepping outside your comfort zone. You can do this by always making an effort to find ways to grow.^[14]

- Start a book you've been meaning to read. Buy a different newspaper than the one you always read. Take a different route to get to work. You never know what you'll learn about the world when you explore different sides of it!



Expert Q&A

Question

What does it mean to step out of your comfort zone?



Arda Ozdemir, MA

Career & Life

Coach

Expert Answer

Stepping out of your comfort zone means expanding your horizons and courageously facing your fears. You can live a fuller life and live to a higher potential. Most comfort zones are built on fears, and stepping out of the zone shows a readiness to face your fears and expand your options and understanding of the world.

Helpful 1 Not Helpful 0

Question

Why is it good to step out of your comfort zone?



Arda Ozdemir, MA
Career & Life
Coach
Expert Answer

You should step out of your comfort zone to advance your personal development. You'll understand yourself better. Moving away from your comfort zone means facing your fears, which is courageous and brings new value to your life.

Helpful 1 Not Helpful 0

Question

How do you step out of your comfort zone examples?



Arda Ozdemir, MA
Career & Life
Coach
Expert Answer

The biggest way I stepped outside my comfort zone is leaving my old career in the finance corporate world. I answered my calling to help and service others. I left finance because I didn't enjoy making a large impact for the company but not for society. I left a large income and lifestyle and followed my calling to become a life coach, which meant leaving my comfort zone, facing my fears, and following my dreams.

Helpful 1 Not Helpful 0

Question

What can I achieve by coming out of my comfort zone?



Community Answer

You can grow as a person, become more confident, gain new experiences, and enrich your life.

Helpful 155 Not Helpful 9

Question

What if I'm extremely shy?



Community Answer

If your fear is socializing with people, you should try going outside, making eye contact with strangers, smiling at them or saying hello. Eventually, work your way up to talking to a complete stranger knowing that you'll probably never see this person again and it doesn't matter if you make a fool of yourself.

Helpful 96 Not Helpful 10

Question

What tactics can I use to face unknown situations when trying something new?



Community Answer

When you step out of your comfort zone, remind yourself that the unknown does not have to be scary and that you can face any situation life throws at you.

Helpful 91 Not Helpful 14

Question

How do I overcome unwanted fears?



Community Answer

By setting your expectations low and by trying to give 100% all the time.

Helpful 64 Not Helpful 10

Question

Why do I feel powerless to make my own decisions - especially when different people give me advice then in the same breath say, "It's up to you"?



Community Answer

This is usually because they are unsure of what they are telling. The best remedy is to neglect the fears and trust your capabilities as a performer.

Helpful 48 Not Helpful 9

Question

Why do I start to panic at the thought of going abroad?



Louise Tendai Mugabe
Community Answer

Because you know you are stepping outside of your comfort zone. Knowing that everything you know will not be there and you have to face the unfamiliar can make anyone panic. The best way not to panic is to read about the place you are going and knowing that there are amazing things on the other side of fear! Select some things you want to see or experience in a foreign location, and focus on those goals.

Helpful 24 Not Helpful 3

Question

Do I actually have to punish myself if I give myself an ultimatum and don't follow through?



Community Answer

No. However, the real motive to punish yourself is to make you a better person. It's a way to make you grow.

Helpful 23 Not Helpful 5

[See more answers](#)

VideoRead Video Transcript

<https://www.wikihow.com/video/8/8d/Step+Out+of+Your+Comfort+Zone+Step+0.1080p.mp4>



Tips

- Sometimes getting out of your comfort zone can require lots of time. Don't panic, be patient and always believe that nothing is impossible.



Warnings

- It's good to not know what will happen, to ignore dangers a little bit less, and to take risks a little bit more. Just don't ignore dangers too much -- always keep yourself safe and do not take risks you will end up regretting in the future!
- Don't confuse stepping out of your comfort zone with being reckless.

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About This Article



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