

Chapter 1 : Move Outside of Your Comfort Zone - The Mindful Equestrian

Quote of the day: Venture outside your comfort zone, the results will be worth it. This is a new high for us, writing about dialogues from cartoon movies. For one reason I have always loved them cos they talk so much about impossibilities in life and that is something we really love writing about and reading about as well.

Do you rarely do something that is different from your daily routine? Being stuck in such a state of complacency can have many disadvantages. Here are some reasons why it is important for you to come out of your comfort zone. It can mean any type of risks, whether it is the risk of taking an important decision or the risk of investing your money in the stock market. When you take less risks in life, the rewards are less too. Step out of your comfort zone and dare to do something different. You will be able to handle complicated situations You will learn how to deal with complicated situations only when you step out of your comfort zone. Whether it is an explosive argument with a coworker or facing a flat tire in the middle of the countryside, you will at the least be unafraid when faced with a task that is outside your comfort zone. Ads code goes here 3. Success will seem within reach Successful people generally become successful by taking risky decisions, using their social skills to win over people, taking on tough challenges and overcoming all their fears. All this may become very hard for someone who never wants to do anything that he or she is not comfortable doing. This is the reason why it is important for you to come out of your comfort zone if you are ambitious in life and you want to chase success. You will try new things in life Those who are happy to stay within their comfort zones are generally not too keen to try new things in life. It is important that you come out of your comfort zone if you really want to enjoy everything life has to offer. You can do this only by trying new things every day, whether it is trying for a new job, tasting a new dish or moving to a new city. You will develop new talents and skills Learning new talents and skills require a person to do something that he or she may not be capable or comfortable of doing. This will require that person to come of out of his or her comfort zone. For example, if you are not comfortable of dancing in front of everyone, you will never be able to learn how to dance on stage in front of a crowd. Venturing beyond your comfort zone will allow for not only the development, but also the discovery of your talents and skills. You will get to do things that you have always wanted to do The fear of stepping outside your comfort zone can force you to do something that you are not particularly fond of doing. For example, you have a job that you hate but you are not able to quit simply because you are afraid of a new job environment and new coworkers. Often you may really want to pursue something close to your heart or follow something that you know you will excel at. To do things that you always wanted to do means venturing out of your comfort zone. So take that chance and you will see that you are capable of so much more!

Chapter 2 : Little Way Therapy â€“ Claudia Rios-Gastelum, LMFT

"Venture outside your comfort zone. The rewards are worth it." â€“ Rapunzel, Tangled.

What if I fail? What if I look foolish? What if I get hurt? It can go on and on. What opportunities will I miss? In what way will I stop growing? What possibilities will pass me by? Take a chance and try new things. Take that chance to fail. I am not saying take chances without some reflective analysis. Some chances are just too dangerous and risky to take. So analyze the choices in front of you and then step outside of your comfort zone and take some risks. Be honest with yourself. Are you choosing not to take a chance with something because the risks far outweigh the potential benefits or is it because you are afraid to fail? If the latter is the reason, sit with your fears and then push through them to take the chance. Take the chance to grow and succeed in new things. A great example of this in riding would be taking the chance to show in a more competitive environment. If you know you and your horse have the skills, abilities and preparation to safely compete, go ahead and show. You may not come home with any ribbons, but you will be competing with quality company and begin to learn from them and rise to that level of competition. By getting outside of your comfort zone you will grow and improve and that is the real measure of success. Eventually, you will also probably start bringing home ribbons. Those ribbons will have more meaning as you will know you pushed yourself outside of your comfort zone and faced your fears. You will know that you have opened yourself and your mind to learning new things. Give it a try.

Chapter 3 : 10 Ways to Venture Out of Your Comfort Zone in Barre Class - Bar Method

The Method. 10 Ways to Venture Out of Your Comfort Zone in Barre Class. August 14, We all have a comfort zone, and while it can look different for each person, it typically implies familiarity, safety, and security.

By sboyle87 I apologize for another delay on the blog. I tried at least a half a dozen times to get this working, but for some reason, I could not get the pictures loading. It was quite to our benefit, though. As I looked through all of the trip details, I noticed one big one that Bryant had overlooked. We would not be flying out of Shanghai Pudong Airport like all of our other flights—we were flying out of Shanghai Hongqiao Airport, which is on the opposite side of the river in Puxi! It was only about a minute difference in the drive, but alarms and minds had been set for Pudong. Thank goodness for insomnia, I guess. After only getting my lovely 2 hours of sleep, Bryant and I scrambled to get ready and head downstairs to grab a taxi. To our delight, there was a taxi already waiting there. To our not so delight? It was a little creepy as you could tell he was still tired and quite dozy on the empty roads. Fortunately, we made it to the airport safely. Everything we needed was labeled in English, and we smoothly transitioned from ticket counter to security to our gate. What we discovered next was the delays we did not experience the previous flight. After a little longer delay than they had announced, they lined everyone up for the buses we took the same local airline that we previously used, and they always bus you to and from the airport. Once we were on board, we were excited to get this trip going! We sat on the plane for a good 2 hours before actually being on our way. From the window, we enjoyed some pretty awesome mountain views. I will likely not be so lucky during our trip to Beijing, but I do quite pride myself on my terrible ability to dehydrate myself during our travels and just wait until we get to our hotel rooms. Once we made our way through the crazy amount of corridors to exit the airport, I found the familiar logo of Starbucks. He had done enough research on the taxis from the airport to look for a legit line with someone manning the taxis from the outside. It was nice to see they were at least attempting to remedy the problem. I will say the only problem we seemed to have with the driver was like that all over China—the scary driving and the weird moments of wondering if the driver is falling asleep or not. It was exciting when we first spotted the outer rim of the city wall—after a semi-long or maybe it just seemed that way since we had already been sitting for so long car ride, it was awesome to know we would be getting somewhere soon! Well, I thought— We got dropped off nearby the bus station, which was actually relatively large area. Again, we were fortunate to have some advance knowledge of where to go. This time it was from the advice of some lovely friends who had already visited and used the bus system to get to the warriors. We located our bus stop 5 and hopped on! Little did I realize this would be so much more sitting time. In true Bryant and Stephanie travels, it would later be remedied with lots and lots of walking. That aside, the mountain view we got to enjoy from the ride was wonderful— When we FINALLY arrived to the bus stop for the warriors, I was just beyond relieved to stand up and get going. Not to mention, I was thrilled by the thought of where we were. I remember learning in history class all about the Terracotta Army that was constructed for the first emperor of China and thinking just how incredible it would be to see this in person. One of which continued to badger Bryant for the longest time, even after saying no multiple times. We had been sitting for so long, that both of us instantly knew walking was the only option. Once we got to the site, we were a little out of sorts. It was a large plaza with multiple buildings. So, we found a map and got oriented on what to do and where to go. The first pit is that iconic picture from a history textbook with all of the complete soldiers in many rows staring toward you. At just a fraction of the size of the original Terracotta Army, it is still an intimidating and breathtaking site. Speaking of history, this place comes with a LOT of it. It is believed to have taken 38 years to build, starting in BC with the bodies of the soldiers done separately, in as much mass production as they could back then, and with each face getting individual details by an artist after being from one of a few face molds. Just being in the presence of such history is quite incredible. You can read more about the history and construction here , here , and here , and I highly recommend it. There was only one soldier left completely intact, and all of the soldiers you see in these pictures have been painstakingly reconstructed by a lot of hardworking archaeologists. Bryant recalls reading that they believe it will take another 50 years to fully

reconstruct. A sad fact is also that the warriors were actually painted in vibrant colors, but the exposure to air during the initial rebuilding caused the discoloring. Going around just the first pit, you go from fully reconstructed soldiers, to soldiers being reconstructed, to just piles of pottery buried in the dirt. Going a little out of order, we decided to go to pit 3, which is the smallest of the pits open for our viewing. Yes, the breathtaking site of thousands of warriors staring back at you is incredible, but this is actually how it was found. How would the First Qin Emperor feel about all that work if he saw the rubble it became in the future? It just makes you wonder so many things. Pit 2 also houses the only warrior in the entire tomb found completely intact. It was tough to get this picture as soooo many tourists literally flocked to this site. We are assuming it is the time of the year; we were there the day after Christmas after all. With the Terracotta Army checked off our list, we took the bus ride back to the bus station. Instead of diapers, children are just held over trash cans, placed in bushes, or even just use the sidewalk to relieve themselves—and both kinds of relieving. Bryant hilariously starting yelling and pointing outside the bus when he noticed it happening. I was fortunate to not be looking up and knew better than to look up. Just—so strange and gross. Back to that true travel fashion Bryant and I enjoy, we were off to check into our hotel on foot. It seemed dirtier and a little smellier even seriously, the smells of China will haunt my nostrils forever to me than even Shanghai, and there was soooo much more spitting. At one point, Bryant and I are pretty positive 3 men spit in sync. It was just horrific. I was determined not to let these things ruin the trip anyway. The hotel was lovely, and the room was spacious. Next on the list was Muslim Street. It was a brick wall of people among vendor after vendor after vendor. Again, how do I let Bryant talk me into these things?! Bryant knew meat on a stick was in his future, and it was not in short supply here. He found a vendor that was having a good amount of food turn over and purchased his mystery meat. According to his account, it was spicy and delicious—and he loved that it literally came on a stick straight from the tree. I was determined I would not be getting anything, no matter how much Bryant badgered me—but then I saw it! Have you seen those cotton candy art videos on facebook? And there was one! Literally no one was in line for it, so I ran on up and ordered one of the pictures. There was no guard between the machine and myself, so I did get a chuckle from the multiple times I was accidentally splashed with sugar, but it was worth it! Check out this amazing cotton candy. What was even better is that people parted like the Red Sea rather than pushing and shoving me. Granted, I was met with lots of stares as I stuffed the sugary deliciousness in my face, but at least I had space to move. With our day complete, we curled into bed to prepare for the next whirlwind day. We set our alarms for 7, but little did we realize the sun did not rise quite as early as Shanghai there. The sunrise time in Shanghai is 6: Needless to say, we may have hit the snooze button a few times. It was quite the decent buffet I must add. They had both eastern and western offerings, with some pretty delicious pastries and decent coffee. With bellies full, we were off to the find the metro. Once it is complete, it would be interesting to see just how quickly you can get around everywhere there. Though we were able to take the metro to shorten the trip, we still had to do quite a bit of walking on either side of the ride. Which was perfectly fine by us. The walk on the other side of the metro was definitely a lot prettier and I think closer to the center of the city? There, the plan was to visit the Giant Wild Goose Pagoda! On the walk toward the pagoda, we enjoyed many sightings. In true travel fashion, I sent Bryant up to purchase tickets. It suffered a terrible earthquake, and it actually leans a little bit. Going inside the pagoda was crazy. Yes, the relics inside were neat to see, but the craziest part was climbing the leaning stairs that get smaller in both length and width as you climb. It is only 7 stories tall, but I am pretty sure the dizzying and tiny steps gave me a little vertigo at one point. It was worth it, though.

Chapter 4 : What would motivate you to venture outside your comfort zone? | Yahoo Answers

The concept of stepping out your comfort zone strengthens you as a person. You never know how tough a piece of metal is until you test it. And you test it by trying to destroy it, not protect it.

We all have them—the areas of life where we feel the least stressed read: After all, humans are creatures of comfort. The little routines throughout my day making my first cup of coffee in the morning, walking our dog just as the sun sets, trying out my newest skincare regimen right before bed are some of my most looked-forward to moments. But experiencing things differently every now and then can feel good, too. This past year, I moved abroad to a completely foreign locale, finally went back to college after 8 years and a baby and started a couple of new jobs. While stepping out of the place where you feel content can be nerve-wrecking, why not try to introduce new routines to your day, join a class, take on a new hobby or explore farther away from home? In need of a creative outlet for all of those ideas that swirl in your head at 2 a. Try starting a new artistic pursuit just for fun. Comfort is one of the biggest killers of productivity, and when things get predictable, we typically start BSing our way through life. Ever go into autopilot during the work day? Shaking things up on the job or taking risks in your personal life Ask him out! Make a new friend! Get rid of those toxic acquaintances! Turning up the heat forces you to rise to the occasion. Reaching new heights usually takes us risking something we might fail at. Push your personal boundaries to find new, smarter ways to operate, and surprise yourself in the process! Stepping away from comfort is a growth experience. Change is the only thing that helps you cope with change. Everything is constantly changing. Frequently moving out of your comfort zone and getting used to change will help you be better equipped to deal when life tests your boundaries. Instead of existing in stagnancy, take control of the certainty of change and shake things up for yourself. Openness to imagination and curiosity are the cornerstones of a creative personality!

Chapter 5 : Quote Of The Day: Venture Outside Your Comfort Zone, The Rewards Are Worth It - Inspire 99

Going outside your comfort zone is a part of learning and growing, whether you're advancing in your job or career, or achieving personal or professional goals.

Venture Outside of Your Comfort Zone. I have been known to do both and quite honestly I probably tend to the former. This is a tale of the latter and where it led me. The mission of the team was to provide a platform for young amateurs to race the National Racing Calendar NRC races and hopefully get noticed by a pro team and picked up the next year. One evening as I was nailing down logistics for the race I had a thought always a dangerous thing. In a previous life I had been a climber and had spent more than a decade teaching it. During that time I had come across the writings of Mark Twight. I also had read Extreme Alpinism and knew that Mark was ahead of his time with his approach to training especially as it related to climbing big mountains. A few years prior to an old roommate sent me the link to the Gym Jones site and I immediately liked what I saw. I also took note that Mark had ventured into cycling. I had a response from Mark in less than hour. He would love to. Deep inside I was giddy. So, Mark and I made plans to meet for a ride up in Park City. Mark has a nice post about it in the Calendar Section of the Gym Jones site under August 15, for those of you who can access it. Mark and I ended up riding together a few more times that week and he rode shotgun in the team car for 2 stages. Mark was the genuine real deal. I even made it to Gym Jones. While there I saw Rob Macdonald a. Bobby Maximus do one of the most impressive things I have ever seen: Rob did this over and over again. One other thing that Mark said to me on one of our rides hit home. It was around this time that I was really starting to think about trying to do the full blown coaching thing. I had been an instructor over the years and had helped some people with their cycling but more in a mentoring type of way. As a racer I was pretty average, in fact in the great-good-shitty-sucks scale I would say that I am shitty in the grand scheme of things. Fast forward a bit. Mark and I stayed in touch. Rob would joke a Bromance was brewing and even ask if we had met on Match. We ended up riding together on a number of occasions in Southern California while he was working on The Man of Steel and I was there for either races or training camps. We would chat to each other on line about topics ranging from training to music to any number of other things. Then in I decided to take a chance again and I signed up for both the Fundamental and Intermediate Gym Jones Seminars held 1 month a part. To say that I was stepping outside of my comfort zone would be an understatement. The Fundamental Seminar just happened to be on my birthday. Unfortunately Rob has a long memory and I had to settle my account at the Intermediate Seminar the next month. Back to the comfort zone. I have been an athlete for most of my life. During that time I have become pretty proficient at cycling, climbing and Nordic skiing. My only experience in a gym was back in Ohio when I was a member at a local Global Gym but I restricted myself to the machines. I did have a circuit of sorts that I would do in my home gym consisting of mostly body weight exercises, some gymnastic rings stuff and stiff leg dead lifts but nothing with any real weight. Every single time that I picked up a weight I set a PR because remember, any number is greater than zero. A couple of the things like FLR and ring push ups I was ok at because I had some experience doing them but others I wasâ€¦. Riding thousands of miles a year makes you pretty decent at â€¦. I was spectacularly terrible at the overhead squat. Everyone there was supportive of everyone else. In my youth I probably would have been self-conscious but in my youth I probably would have postured in some BS sort of way. Genuine people can spot BS. The people at Gym Jones are genuine. It really was humbling the amount of knowledge and support that was present there. I came with my cup empty and left with it overflowing. After those seminars I took all of the new information and digested it. I went home and practiced some of the new to me exercises. I could tell immediately that the dead lift was beneficial to cycling and made that a regular part of my circuit routine. The over head squatâ€¦. I went home and let that comment germinate a bit in my head. Finally I took another chance and got in touch with Rob and asked him if there was any possibility of me coming to the gym and doing a one on one. So the second week of February this skinny cyclist spent a week of one on one with Bobby Maximus. Again, the level of knowledge was humbling. Rob tailored the week to address my weaknesses. The endurance stuff and the basic programming for that I am pretty solid on. It was the

supplemental stuff that was my biggest hole particularly what exercises were best suited to supplement areas of weaknesses that I and the athletes that I work with have. By the end of the week I felt that I had a much better understanding of the supplemental stuff. There were a lot of highlights that including a trip to Pago with Rob and his son Landon and a new DL PR of over 2x my bodyweight but the biggest highlight for me was when Rob presented me with my Advanced Seminar Certificate and my very own Gym Jones t-shirt. Rob then informed me that he had the trust in me to make me a Fully Certified Instructor. This is way bigger than when I got my college diploma. I also feel a bit empowered by it. I have always used self-deprecating humor as a crutch. I believe in humility, not bragging and I have a real hard time with people who take themselves too seriously. And I am one of them. That might not be a big deal to you but it is a big deal to me. And I am going to do my best to live up to that designation and walk the walk. I am going to continue to push myself and stay open to new possibilities. Try it sometime, you never know where it will lead! Let the evolution continue.

Chapter 6 : When Not To Venture Outside Your Comfort Zone

Venture outside your comfort zone: the rewards are worth it! KSellers88's Journal (Comments Welcome) Discussion in 'Training Journals' started by KSellers88, Dec 20,

Venture outside your comfort zone, the results will be worth it. This is a new high for us, writing about dialogues from cartoon movies. For one reason I have always loved them cos they talk so much about impossibilities in life and that is something we really love writing about and reading about as well. Without much ado, the first question would be Why would anyone want to come out of the comfort zone? It is called that for a reason! Well, if we do the same thing which we have always done, we will get the same results we have always gotten. If we want different results, we need to push our limits and do something more. Simple as that or else we would be living the very definition of insanity which Einstein talks about "Expecting different results while doing the same thing. Well, if that is the case, then right to it" HOW? Well this I call a good question. How to step out of the comfort zone? Well, the first step is to identify it. And for you or me or anyone to step out of the comfort zone, we must decide to do it. It is not just enough to know that we need to step out of the comfort zone. We know a lot of things, that is exact problem, we need to step out of it and start doing. And now, here are a few ways you can step out of the comfort zone 1 Ask yourself "Are you doing anything better? That is not the question" Are you doing anything better. If the answer is no, then maybe it makes sense to pick it up. The worst that can happen is that you may fail at it and in return you get some experience which is still better than doing nothing! What do you lose if you do it? The results can sometimes be more than what we can fathom. The funny thing about our imagination is that it is limited by the experiences we have sometimes. Step out of that and go in that path just for the fun of it. What can you enjoy in this experience by venturing out of the comfort zone? What can you use in the future? Is it a field you would like to know something in? If the answer is yes to any of these, then all the more reason to do it. Again just time is not a justifiable answer. Sometimes money too is not a justified answer. If what you gain out of it is more than what you lose, then it is time that you step out of that comfort zone. If not anything, you will gain an amazing story out of it which can surely entertain yourself and broaden your horizon about the sense of humor. The moment you are in a place where you can laugh about your follies, success is really closer than you think. These are our top 5 tips about stepping out of the comfort zone.

Chapter 7 : Venture Outside Your Comfort Zone

For this trip, he found out that the best (and really the cheapest) way to get around was not by taxi, but to get where we needed to from the airport in a more timely manner (we already lost hours of our time there), we would need to take one to the bus station in downtown Xi'an.

Chapter 8 : 6 Reasons to Venture out of Your Comfort Zone

Although you generally prefer to stay within your comfort zone, you venture out on occasion, gently stretching yourself and opening yourself up to new experiences. You consider your options carefully and then try to take the best possible decision while minimizing the chances of failure.

Chapter 9 : 5 Ways You™ll Benefit From Going Outside Your Comfort Zone | Glitter Guide

"Venture outside your comfort zone. The rewards are worth it." - Rapunzel, Tangled. 3. The hardest things teach you the most important lessons. If you can get.