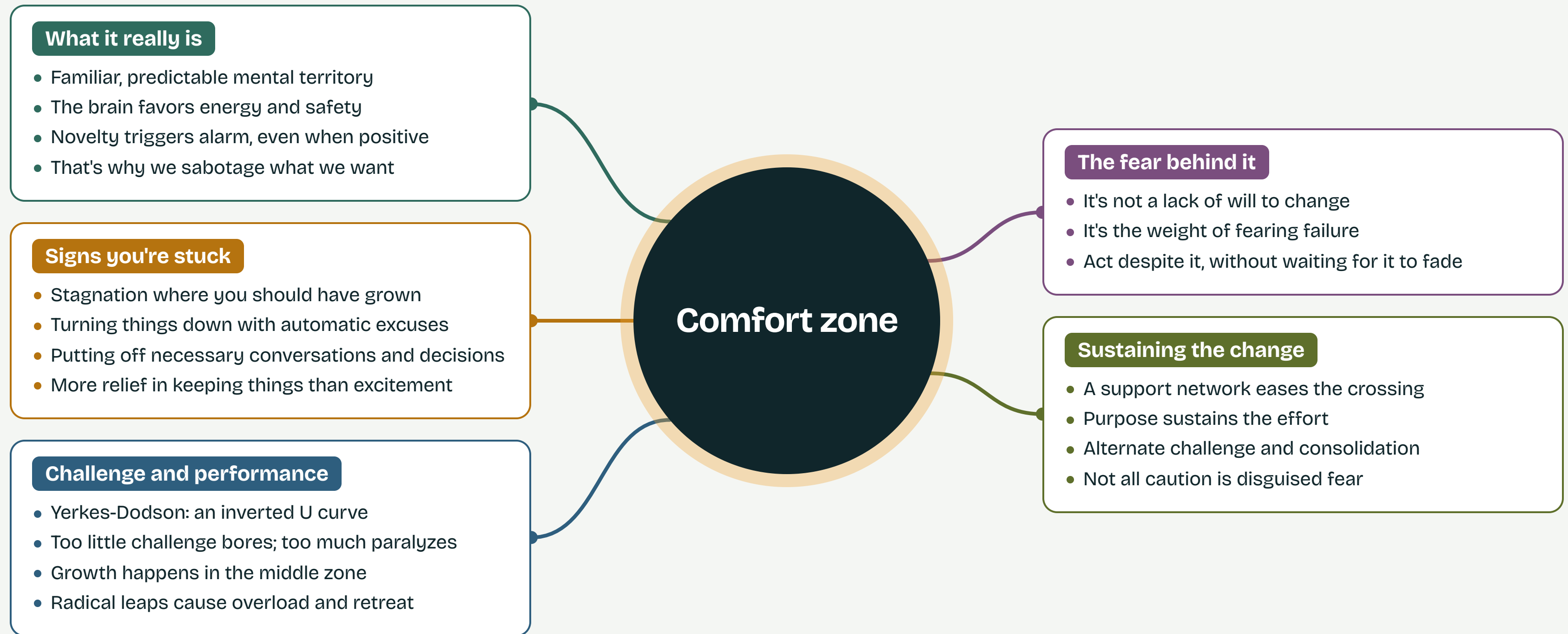


Comfort zone: how to leave it without self-sabotage



Action plan

1

Connect the change to a clear purpose

2

Question beliefs like 'better not to risk it'

3

Take calculated steps, not leaps

4

Name the discomfort without letting it steer you

5

Face small exposures more and more often

Key takeaway

Leaving your comfort zone means expanding gradually, not taking a leap that leads to relapse.