

# How to Step out of Your Comfort Zone with Confidence

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

8

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

30m

**Estimated study time**

30m 20s

**Instructor**

Michael Veltri

## Introduction

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### 1 Invest in yourself

Stepping out of your comfort zone can be hindered by fear and ego, but it leads to growth and possibilities in various aspects of life.

## Getting Comfortable Being Uncomfortable

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### 2 Navigating your matrix

Acknowledging you're in a comfort zone that could be holding you back is a key element to taking steps to make a change.

### 3 Becoming more authentic

Finding yourself living in an automatic way is like running on a treadmill - you feel like you're moving but you're going nowhere.

### 4 Establishing healthy priorities

Making yourself a priority can help increase your overall well-being.

## Comfort Zone Challenges

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### 5 Try a new activity

Testing yourself physically, mentally, and emotionally is one step toward challenging yourself to step out of your comfort zone.

### 6 Ask for a raise

Evaluating your relationship with your self-worth is a great way to uncovering why you are stuck in your comfort zone.

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## Build stronger relationships

You spend a lot of your time navigating relationships so it's important to strengthen them.

# Conclusion

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## Next steps

Thank you for watching this course!

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