Goskills

How to Step out of Your Comfort Zone with Confidence

GoSkills online course syllabus

Skill level
Beginner

Lessons
8

Pre-requisites
No prior experience needed

Video duration
30m

Estimated study time
30m 20s

Instructor
Michael Veltri

Introduction

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

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

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.

7 Build stronger relationships

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

Conclusion

8 Next steps

Thank you for watching this course!

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