



# OVERCOMING FEAR: 10 WAYS TO BREAK OUT OF YOUR COMFORT ZONE

*"True self-discovery begins where your comfort zone ends." - Adam Braun*

We all have our own "comfort zone," which is not an actual place but more of a behavioral construct that defines the patterned world of our existence. Having a comfort zone can be a healthy adaptation to keep us relatively comfortable and calm. It can also help us stay emotionally even and free from anxiety. However, when we rely too much on it, we can lose our sense of self-control. Thus, instead of feeling comforted, we feel afraid when we face something unfamiliar - we feel the fear. Fact check, comfort zones are about fear, and fear is a bully. It tells you what to do and how you feel before you even attempt to begin, you already think about failing or getting hurt. Although you can't blame yourself for feeling this way as life is very stressful enough. Perhaps you only want to minimize the stress and risk that you might encounter if you get out of your comfort zone, but the problem with this is you might fall into the trap of stagnation.





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## Why You Should Step Outside of Your Comfort Zone?

*"Living in your comfort zone can even be more stressful than pursuing your dream. So why are you accustomed to your stagnant life?" — Oscar Bimpong*

Your comfort zone can later be a stagnant zone, and if you don't get out of that zone, you may find it difficult to transition, grow, and transform.

If you are in a stagnant zone, even though you know in your heart that your job or relationship is not right for you, you'll still stay because of fear about not knowing what is next. You tend to endure any situation because you're used to being in your comfort zone even though you know you deserve better than where you are.

That's why it's essential to have the courage to take risks by stepping outside your comfort zone, because your reluctance to change routine and habits may hinder you from living the life you want.



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## 10 Steps to Break Free from Your Comfort Zone

If you're one of those who have problems getting out of their comfort zones but want to do more in life, this is for you! Now is the time to break out from your self-created boundaries. Once you change your perspective on yourself, from someone who clings to the old and comfortable to someone who enjoys the process of taking risks, then it will feel more natural and easier to push yourself out of your comfort zone. Keep in mind that your comfort zone is the only thing that prevents you from experiencing genuine happiness in life and achieving real success.

Here are some small yet powerful steps that can help you break free from your comfort zone.

**1. Face a fear that you have** – Think of one fear that might be holding you back from your potential. It can be any fear that has been hanging around for a while, like asking for a raise, public speaking, or





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anything that you're afraid to do. Set a goal to do it in the next three months. You can start by educating yourself about it by talking to people who have done the same thing. You can also read books and check-out articles on the Internet about this subject. After you achieve that fear, reward yourself for your success and for improving yourself.

**2. Rationalize the fear** - Identify all the things that are worth doing, but you're afraid to do so because of the potential failure and disappointment. Then go through a quick deliberation of why you

should not proceed. If the rationalization is factual, then don't continue, but if it's purely emotional, you need to push through.

**3. Identify what you are aiming to overcome** - Take the list of your fear and go deeper. Determine how your fear applies to each situation and be very specific. For example, if one of your fear is public speaking, know precisely why you can't do it. Is it because you feel insecure about your voice or about your look, or you're worried everyone ignores you?

**4. Recognize how stepping out will benefit you** - After you acknowledge the deeper reason for your fear, find a compelling benefit that will have a significant impact on your personal and professional growth once you overcome your profound fear. For example, what will the ability to engage in public speaking do for your career? List down these potential benefits and use them as motivations to push through fear.



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**5. Aggressively challenge your comfort zone** - If you start to panic when facing your fear, try to endure it a little longer than you usually would. If you manage to stay long enough, it can start to become less uncomfortable. It's a rapid-fire approach where you're shocking your mind to become comfortable that you will not have time to think about your fear. Instead, you'll be so occupied pushing your boundaries that you disregard what used to make you scared.

**6. Hang out with risk-takers** - Whether it's a particular skill, a profession, or

anything in particular, if you want to become better at it, you must start hanging out with the people who have achieved the same thing that you want to accomplish. Their influence will emulate an effect on your behavior, and you will feel more motivated to conquer your fear, especially if you see the fruits of their labor.

**7. Don't take yourself too seriously** -

Everyone fails at something, so learn to laugh at yourself when you make mistakes. When you start taking risks, it will inevitably involve failure and setbacks. There will be times that you will look foolish to others, but just be happy to roll with the punches when others poke fun.

Keep in mind that the only way you can avoid failure is by doing nothing and being nothing. So, if you don't want to remain "NOTHING," just begin again. If you fail then start again, but this time, start intelligently. Next time you do it, you know how to do it right.



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**8. See failure as a lesson** - There will be times you'll experience a negative outcome, and it will shake your confidence to the extent that you'll feel scared, but it's okay. Never dwell on the failure or embarrassment, think about everything you learned from the experience. Reflect on how you will apply the lessons to your next move to increase your chances of success. Remember that the adverse outcomes are a natural part of the process. If you receive negative feedback, quickly identify the mistake, and grow to your next level.

**9. Believe in yourself** - It may sound cliché, but most people overlook how important it is to trust themselves. Don't forget that if you think negatively, your belief systems and thoughts can paralyze you. Instead of moving forward, you will be stuck again, or worst, you'll go back from the start. Show how much you trust yourself by creating a vision board with your goals, inspirational messages, and anything that can help manifest your dreams and who you want to be.

**10. Create affirmations with what you desire** - Start retraining your mind by creating affirmations of who you want to become and say it every day. Eventually, these affirmations are going to be a part of your belief system. Although it sounds basic, this is an empowering mantra with profound effects on the conscious and unconscious mind. If you believe in the Law of Attraction, affirmations hold the key to unlock the life of your dreams.



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## Keep Expanding Your Comfort Zone

Make it a habit to try something new such as going to a new restaurant or going to a networking event. Even after reaching your goal, it's essential to continue pushing those boundaries. Keep on looking for new challenges. Find something that you would never imagine doing, like working on a skill beyond your comfort zone.

You will be surprised by how much you succeed in accomplishing something new and challenging.

## Learn a New Lucrative Skill

If you're looking for a great start to break free from your comfort zone, you can start by mastering a new skill where you can connect with small and big businesses.

You can become a digital payments expert and start selling merchant accounts. Aside from getting outside of your comfort zone, you are creating a side hustle that gives you a residual income. You can land on one deal that can pay you month after month for 10 to 20 years.

### What is a digital payments expert?

Digital payments expert serves as the mediator to help startup and existing business to have a merchant account. All types of businesses need a merchant account to successfully process digital payments such as debit cards and credit cards. So, you are not offering something new, just something better.



# OVERCOMING FEAR: 10 WAYS TO BREAK OUT OF YOUR COMFORT ZONE

Most businesses are not aware of the options in their merchant services, and your goal is to provide them the best offer. In return, you will earn a percentage of each of their sales. Every time someone swiped their card, you are making money! The best part is, you will get paid until the business is operating.

So, if it's your dream to generate money while sleeping, you can now turn your dream into reality.

## **Payments Authority**

If you're ready to step outside of your comfort zone and earn a residual income, Payments Authority provides comprehensive training to get you started.

*David and Patricia Carlin*  
Payments Authority

