

Step out of your comfort zone

By Kimberly Gillan | First published: March 1st, 2012



It's easy to get trapped doing the same thing every day, but trying something new is proven to boost happiness and confidence.

There's no faster route to self-confidence than by stepping out of your comfort zone. "It sends a message of self-belief to your subconscious that you believe in yourself," says life coach Domonique Bertolucci, author of *The Happiness Code* (Hardie Grant \$19.95). "Your confidence levels will automatically rise."

It makes perfect sense, so why don't we automatically do it? "Fear – we expect to stuff up and fail," says psychologist and coach Dr Darryl Cross.

Follow these easy tips and you'll learn to keep out of your comfort zone for good.

1

Plan ahead

Everyone has a different comfort zone, so you need to clarify what needs changing in your life. "Know what the big picture looks like and make it enticing," Dr Cross says.

Whether you want to drop a dress size, save money or develop better relationships, you need to make a plan to get

there. "Make a list of 12 things you can do over the next 12 months that feel scary now, but that you know will give your confidence a big boost when you do them," Bertolucci suggests. "If you aim to do one thing each month that scares you, at the end of the year your confidence levels will have soared."

2

Act confident

Practice holding your head high and you'll feel more positive. "Imagine a time you were feeling successful – now practice standing that way, sitting that way and moving that way," Dr Cross suggests. "When you change your body to be confident, your body starts controlling your brain, rather than the brain controlling body." Suddenly stepping out of your comfort zone won't seem so hard.

3

Boost your body confidence

Negative body talk can trap you in your comfort zone, so rather than putting yourself down, try repeating positive statements to change your headspace. "Write a simple statement about how you would like your world to be," Bertolucci says. "Make sure you write it in the present tense and repeat your affirmations three times over, three times a day and watch your self-belief grow."

4

Don't give up

Accept you will make mistakes. "We learn more from our failures than our successes," Dr Cross points out. "But you refine it and get it right and you feel proud, which enhances self esteem."

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