

Coach's Corner
Pushing your comfort zone

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It is easy to get stuck in our comfort zones and limit the amazing possibilities we have in our lives.

Recently I had a major life transition that pushed me to try new things. I entered a speech contest—which scared me to death. But, in the end, it was a great learning experience that opened doors I had never expected. Of course, these new doors were scary and uncomfortable, but I decided to go through them anyway.

Purposely stepping out of my comfort zone taught me (and is still teaching me) to carry that fearlessness into other areas of my life and to experience new and wonderful things. Every time I go through new “doors” unexpected possibilities open up for me. And even though I feel uncomfortable much of the time, I continue because I have seen the benefits.

So try pushing your comfort zone. It is a powerful way to live.

Coaching Question: What will it take to face your fear and step out of your comfort zone?

Coaching Tip: Keep a handy list of things you would like to try but haven't...yet.

Homework: Try something you have never done before: go to a new restaurant, learn to fence, dance alone in public, write a poem, climb a mountain, join a speech contest (just kidding), volunteer in the inner city, discover the longings of your heart.

Quote: Fear makes the wolf bigger than he is.—German proverb

Resources: Martha Beck, *Finding Your Own North Star: Claiming the Life You Were Meant to Live*