

Courageous, Anti-Comfort Zone Actions

*Our list is largely taken from these two wonderful articles:

- <http://www.lifehack.org/articles/lifestyle/step-out-of-the-comfort-zone.html>
- <http://www.lifehack.org/articles/lifestyle/how-to-move-out-of-your-comfort-zone.html>

Small steps out of your comfort zone:

- Call a friend or relative you've lost contact with.
- Learn a new skill.
- Get up in the middle of the night to see a meteor show or hike to an amazing spot.
- Eat dinner out by yourself
- Go to a movie by yourself
- Attend an event where you don't know anyone. Don't just be a wallflower either, talk to at least 5 people.
- Drive a different route to work every day for a month.
- Cook international recipes if you're a "meat & potatoes" person.
- If you're a dedicated CNN or NPR listener, turn on Sean Hannity or FOX news every day for two weeks. If you are a dedicated Sean Hannity or FOX news listener, turn on CNN or NPR.
- Purchase and wear a flamboyant shirt.
- Go out of your way to give compliments.
- Tell someone how much you appreciate them.
- Learn to juggle.

Larger Leaps out of your comfort zone:

- Speak in front of a group about a subject you are passionate about.
- Take a class in something you don't think you have any talent for.
- If you only do art or write poetry for yourself, bravely share it with others.
- Take on a phobia: Hold a snake. Climb a tall building. Fly in an airplane. Skydive. Volunteer to be a lay worship leader at your church!
- Begin learning a new instrument.
- Grow a mustache.
- Take dancing lessons.
- Perform in a karaoke bar.
- Dye your hair.
- If you are a classical music lover, go to a country or rock music concert. (or vice versa)
- Give online dating a chance.
- Finally ask for that raise you deserve.
- Be the first to say, I love you.
- Get rejected! (see this TED Talk for inspiration:
<https://www.youtube.com/watch?v=-vZXgApsPCQ>