

Article: Life Coaching:

Life Begins when Comfort Zone Ends

Our neighbours just down the street sold their house. They made the decision to put it on the market to support a temporary move to Europe. The wife of the family has many aging relatives in England and she is concerned that with time and distance she and her family will miss the opportunity to connect with and know these important folks - before it's too late.

Currently they don't have a long term plan to live abroad but since they do not want to be straddling two continents and prefer the flexibility of staying as long as they like, they are treating it like a full move.

When I was speaking to my neighbour about this big adventure, I said that I can only imagine how much is involved from weeding out, organizing, giving away, storing, and selling their current personal and household belongings, to preparing all they will want and need for their journey ahead, including passports, visas, flights, accommodations, schooling and work placements abroad.

She agreed that the preparation is a full time job with an endless stream of details to manage. Most importantly she has never done this before, so it's all new ground.

I congratulated her on taking such a risk, and having the courage to step outside her comfort zone to do what her heart urged her to do. Many people get accustomed and quite content with routine and the idea of change can be so daunting that we purposely avoid it.

On a similar vein, a person may have an exciting vision for their life, but simultaneously perceive the idea as farfetched, not realistic or achievable. In many cases this is fear and the unknown getting in the way, not actual fact. Where there is a will, there is usually a way!

After my comment, she stopped and said, "You know what? That's turned out to be best reason of all for doing this - to step outside of our comfort zone and do something completely different." Although this is a huge project and she feels somewhat overwhelmed, there is a distinct awareness that this is exactly what they all needed to do to grow in new and meaningful ways.

Have you ever heard the saying, "***Life begins where your comfort zone ends?***"

I have put this to the test in my own life and have found that it carries a lot of weight and validity.

Where in your life have you tried something new or different, that didn't initially seem easy or comfortable but afterwards you were impressed with your results, learning or changes?

I bet you have numerous examples too.

In many ways, our repetitious lives create a box that greatly limits the reality we have the power to manifest, unless we are willing to push boundaries, stretch our mind, and try new things – on a regular basis.

Thanks to the neuroplasticity of our brain we are wired for change. In fact, our system thrives on it! But if we don't give ourselves frequent opportunities to engage in novel experiences we can't tap into this amazing human ability and grow in all the ways we are capable of.

There is a fantastic pie graph that illustrates how people actually see the world from their own lens, not realizing that the majority of life and the world around them is vastly bigger and unknown to them.

Put into percentages it looks like this:

- 5% represents what 'we actually know to be true'
- 25% represents what 'we know we don't know'
- 70% represents what 'we don't know that we don't know!'

The point? Only a small portion of life is what we know and can be certain of. For example, gravity is a force that keeps us planted on earth so we don't float up into space. The majority of life is a mystery to us, and a canvas waiting to be explored!

The only way we can begin to grasp more of it, is by engaging in a variety of diverse experiences that push us beyond our comfort zone and allow us to learn new things, meet new people and try new places.

Summer and Spring is such a great time of year to initiate new activities because a whole new season of warmer weather makes it conducive to getting outdoors and being more active. With animals emerging from hibernation and garden life revealing its splendour, we are inspired and encouraged to can emerge from our cozy inner worlds and seize a whole new outlook and set of possibilities for ourselves and our life.

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