

# CHOOSE TO THRIVE



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**COMFORT**  
ZONE DWELLING

## Comfort Zone Dwelling

The things we are capable of doing when we step outside the safety of what is known



by **Rob Duffy** on August 2nd 2017

### The Comfort Zone

Life can become passive and stale and we can go through life running on autopilot with the experience of light boredom with nothing too enriching going on.

When we become aware of this and realise that we are coasting, it's a sign that we might be languishing in the comfort zone. The characteristics of being in the

comfort zone are when we find ourselves having a similar routine, not challenging the monotony and repetitiousness of our lives and when challenged on this pattern, we tend toward ignoring and continuing along in that direction.

Eventually, one day, something at the back of our minds tells us that changing the habitual nature and patterns we have accepted might be something we could consider? But we continue to ignore this annoying voice because the comfort of staying as it currently is, feels more secure and, well, comfortable than the effort it seems to require to change anything, so we carry on.

Looking for scapegoats outside of ourselves gives us a short term solution but all to no real benefit because we can only fool ourselves for so long. We can get momentary relief from distractions but again, that is only short-lived as the realisation that we are responsible to do something about it comes back and the feeling that we should do something about it grows a little more each time.

Some people find relief in buying themselves things or a myriad of other distraction that can take the place of the unwanted realisation that we are floating through life in the comfort zone. This area of our life raises its head and requires we give it attention as having nobody

at the wheel has become dangerous and autopilot isn't doing the job any longer. The GPS has a glitch and we need to have a look at the map to see which direction we are going in.

The strain between the inner urge for change and the outer realisation of our lives and the denial of what we are manifesting can cause us great ambivalence between what we are doing and what we need to do to remedy the situation. It's at this point that we have to stop being passive and **letting life happen to us**. Instead, **we must choose** to decide what we will do with our lives. This is how we step out of the comfort zone.

Are you sitting too comfortably in some of the areas in your life?

*It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.-*

Lucius Annaeus Seneca

## The Challenging Zone



Breaking through the comfort zone leads us to the next step which is the challenge zone. Our self-awareness has helped us to realise that we need to challenge our beliefs which can sometimes be limiting. This raises the potential for self-doubt, uncertainty, fears and confusions of all sorts.

This is an instance where working with a coach in order to receive a helping hand can be invaluable to navigate through the potential turmoil that arises. Issues of trust, self-belief and insecurity can pave an unsteady and uncertain path in front of us and having someone there to reassure us of our bravery as our guide is really helpful.

Firstly, we must adopt this mindset of growth. Dr Carol Dweck, in her book *Mindset: The New Psychology of*

*Success*, identifies research which shows that talent is far less potent a force than the mindset we adopt. We can adopt a growth mindset or a fixed mindset.

Adopting a growth mindset enables us to grow, as belief is a powerful thing which can bring us the results we desire and even those we do not. Believe you can grow and invariably you will do, if you put in the effort.

Some of the challenges we face can reignite inner resources that we have forgotten how to use over the years. Through the journey of challenging areas of our lives, there is one constant, and that is change. We are changing ourselves to be closer to the ideal that we have chosen in our mind and getting closer to that person that we want to become.

Our values can be shaken up and a new awareness to some of our roles and obligations can be restructured by asking the questions related to how these roles and priorities are serving us. As we change in one part of our lives it can cause a ripple effect in other parts of our lives which is where the search for balance and being creative with how we envisage our future comes into play.

This is an active zone where we are deciding to move into the current instead of being taken away by the current.

## The Creative Zone

The creative zone is where some of the real magic happens! This is a time when we are actively working to create the future we want to live in. The vision we create for ourselves, working towards the goals we have chosen and putting those action plans into motion are all where the creativity of our decision happens.

We move forward and find something has worked or maybe it hasn't worked which allows us to pivot and learn something about ourselves and our methodology for moving forward. We can adjust or reframe our intention.

Regardless of outcome, by taking action we are learning about ourselves and the world and our place in it and how it relates to our goals. This evaluation process allows us to measure whether we need to adapt or give time to the acquisition of new skills or behaviours that will be needed to move into the space we have chosen to move towards.

The new you that you are creating in these moments will allow for the feeling of confidence as we move into the positions we have chosen. Be it public speaking, playing an instrument or starting a business venture, becoming the person we need to become to fulfil the chosen path requires that we create and accept ourselves

as a new person who can as smoothly as possible transition towards being the person who does the public speaking, plays and entertains people with their new skill of playing guitar or runs and employs people in their own company.

Using a coach to help us grow to become the person who fulfils these new chosen roles can make the process easier and more rewarding. This transformative process and realisation of change is where the new formed feelings of self-reliance and self-efficacy come from. The achievements made within this process lead to well-deserved feelings of contentment and achievement for which people can be proud of.

### The Content Zone



This is the time when we can sit back and enjoy the fruits of our work. We have made a commitment to

change and it has worked out and we are content with where we are in this area of our lives.

Reflecting on what we have done and realising what it took to get us to this position is satisfying and leads us to potentially wanting to do similar in other areas at a future time. For right now, it is time to enjoy the new found progress we have made. By actualising this new growth within us, we have noticed that the source of our growth lies within our power to choose what we want to achieve and that those choices are open to us at any time. This kind of realisation brings us a new confidence and self-esteem.

From here, we have a deep knowing that we can manifest any results we choose into our lives by planning and putting that plan into action. It is important to allow ourselves to enjoy what we have achieved and to reward ourselves and enjoying it.

You deserve to enjoy the spoils of all hard won victories. Over time, these victories will result in many of the attributes being gained resulting in a kind of autopilot and becoming part of the fabric of 'who we are'. The sense of achievement and contentedness will begin to decrease and we will begin to step back towards the comfort zone.

This passivity is not bad as such, but if it becomes something which is unacceptable to us, we have a choice to make if we wish to challenge ourselves. And so the circle of the zones is complete and can begin around in another direction if we so choose.

Working with a coach is predominantly recommended when we are stepping into the challenge and creative zone as these are the active zones of change. A coach has the skills to help us to make changes as efficiently and as steady a process as is possible. The journey of change can be lonely and sometimes our friends are too busy to recognise that our process is stressful for us and having a coaching professional beside us to hold us accountable to our own process helps us to transition towards our objectives with more ease.

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### Exercise

Consider the various areas covered on the **wheel of life** in the last module and answer these questions in relation to each area.

#### **Comfort Zone Questions:**

- 1) Is routine or habit a big part of your life? Yes/No
- 2) Has the fun and enjoyment gone out of this area of your life? Yes/No

- 3) Has the interest and challenge gone out of this area of your life? Yes/No
- 4) Do you tend to blame others for the way things are? Yes/No
- 5) Are you uncomfortable, bored or frustrated in the area of your life? Yes/No
- 6) Have you recently begun to wonder what it might be like to make changes in this area of your life? Yes/No
- 7) Have others recently been highlighting or talking about changes in the corresponding area of their lives? Yes/No

Total: Yes \_\_\_\_\_ No \_\_\_\_\_

#### **Challenge Zone Questions:**

- 1) Are you confused about this area of your life? Yes/No
- 2) Are you motivated to make changes to this area of your life? Yes/No
- 3) Have you recently begun to question aspects of this area of your life? Yes/No
- 4) Have you recently started to instigate changes in this area of your life? Yes/No

5) Have you been experiencing fears and self-doubts in this area of your life? Yes/No

6) Has uncertainty replaced security in this area of your life? Yes/No

7) Have you begun to question your values relative to this area of your life? Yes/No

Total: Yes \_\_\_\_\_ No \_\_\_\_\_

### **Creative Zone Questions:**

1) Have you begun to develop goals or action plans around this area of your life? Yes/No

2) Have you noticed that your attitude and/or behaviours have become more positive? Yes/No

3) Have you been receiving feedback regarding positive changes in you? Yes/No

4) Are you developing resources or exploring new ways of doing things relative to this area of your life? Yes/No

5) Are you noticing or becoming aware of choices regarding your responses? Yes/No

6) Are you more confident or hopeful about the future of this area of your life? Yes/No

7) Are you more energised now that you were previously? Yes/No

Total: Yes \_\_\_\_\_ No \_\_\_\_\_

**Content Zone Questions:**

1) Are you feeling very satisfied with this area of your life? Yes/No

2) Do you believe you could do anything you set your mind to? Yes/No

3) Do you feel totally in control of this area of your life? Yes/No

4) Are you feeling very positive and enthusiastic about your life and your future? Yes/No

5) Do you feel better about yourself as a person? Yes/No

6) Are you enjoying your achievements? Yes/No

7) Considering the future and having achieved your goal(s), do you think you will have a better understanding of yourself that can help you in dealing with other areas of your life? Yes/No

Total: Yes \_\_\_\_\_ No \_\_\_\_\_

*Life is a journey not a destination* - Ralph Waldo Emerson

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