

The
COACHING
Success Strategies



**LEAVING YOUR
COMFORT ZONE**

On-demand coaching tips and tricks to help
you get the life you deserve.

LINDEN FULLER

Success Strategies

LEAVING YOUR COMFORT ZONE

“To have a growth mindset is to believe that our most basic abilities can be developed through dedication and hard work; that personal qualities like intellect and natural talent are just the starting point”
Carol Dweck

Having a growth mindset is not always sufficient though. It will help if you take action that might lead to failure, to making mistakes that enable you to master those areas that you have not yet mastered. This mastery does not occur in your comfort zone.

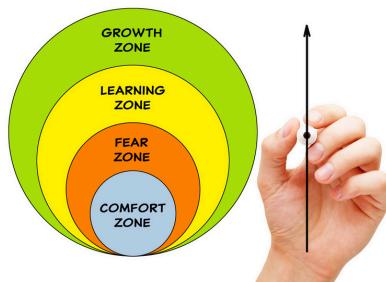
To learn and grow from a situation you must move beyond your comfort zone into what is called the fear zone.



Reignite your big dreams

I help mature, high-performing professionals discover and align with their true essence and meaningful life purpose.

I'd love to help you do that!



The fear zone is uncomfortable. It's the zone that prevents most people from ever leaving the comfort zone.

With a growth mindset you can endure being in the fear zone for the purpose of learning and growing. The benefit of trying this is that it will be a lot easier the next time that you try entering your fear zone.

STEP 1:

The Comfort zone

The illustration above shows the comfort zone in the blue circle. In this space you feel safe and in control. Your locus of control is within your reach.

However, no new learning takes place here because you rely on what you already know, what comes easily to you, and you know what to expect, and the things that you have been doing on repeat.

The Fear zone

To learn and grow you must leave the comfort zone and step into discomfort. The fear zone is based on uncertainty because you don't know what to expect.

For this reason you often try to avoid the fear zone, and make excuses why you can't go there. Sometimes when you leave the comfort zone you can become afraid of the uncertainty and quickly return to the comfort zone. The fear zone is the most challenging part of your learning and growth journey.

The Learning zone

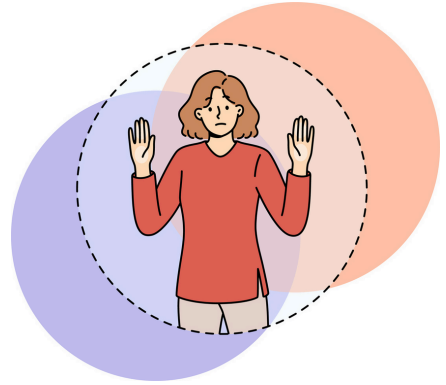
When you stay long enough in the learning zone, change occurs, and self-perception shifts in terms of capabilities, achievements, and comfort levels. Over time, entry into the growth zone, represented by the final green circle in the infographic, is achieved. Spending more time in the learning zone fosters personal growth on multiple levels. Resilience increases by overcoming obstacles, creating a pathway to more easily pursue dreams. A sense of meaning emerges from investing time in learning something significant.

The growth zone represents a broader perspective gained on a personal level. Entering this zone is the ultimate reward for enduring the fear zone.

The Growth Zone

When you stay long enough in the learning zone, you experience change, and start to redefine yourself in terms of what you can do, achieve and feel comfortable with.

Over time you enter the growth zone, the final green circle surrounding the infographic.



Staying longer in the learning zone helps you grow as a person at multiple levels. You may increase your resilience by overcoming obstacles to create a pathway that makes it easier for you to follow your dreams.

STEP 2: An example to illustrate the process of moving through the zones

Consider someone afraid of public speaking, a common fear. Avoiding public speaking opportunities keeps this person in the comfort zone, avoiding the fear of failure, ignorance, or imperfect performance.

If an unavoidable speaking event arises, such as being asked to speak at a work meeting, this person must leave the comfort zone and enter the fear zone. Anxiety, self-doubt, and a strong desire to flee may be experienced.

However, by enduring this fear and speaking at the meeting, entry into the learning zone occurs, and new skills begin to develop. The new experience provides learning opportunities. Reflecting on the speech afterward, identifying what went well and what could be improved, fosters growth.

Taking more public speaking opportunities gradually shifts this person out of the comfort zone into the learning zone, eventually leading to



"Promise me you'll always remember: You're braver than you believe, stronger than you seem, and smarter than you think"

A.A. Milne

greater comfort with the task, expanding the comfort zone.

Over time, as significant time is spent in the learning zone, participating in numerous meetings, transition into the growth zone begins. Mastery of the task is achieved, and goals for future public speaking are set, with confidence and a sense of meaning derived from voicing opinions publicly.

This growth and learning could not have occurred if the comfort zone had been maintained. Life would have remained limited by fear, missing out on valuable professional and personal opportunities. Staying in the comfort zone could have long-lasting detrimental effects.

STEP 3: Comfort zone: Identify a current zone situation of your own

Reflect on your life and consider something on the horizon requiring a step outside the comfort zone and into the fear zone. Alternatively, think of something you'd like to do but are held back by fear. Examples include staying in an unfulfilling job, declining a party invitation, not joining a sports team due to beginner status, or delaying retirement decisions. Describe the situation below:

STEP 4: Fear Zone: Identify your personal signs of fear

What characterizes your fear? Do you feel anxious, notice a faster heartbeat, lack self-confidence, or have critical thoughts like "I can't do this" or "I'm not smart enough for this"? List as many signs of fear as possible in the space below:

STEP 5: Learning zone: Identify your opportunities for learning

What are you missing out on by staying within your comfort zone? If the fear zone is endured, what learning opportunities are missed? For instance, by declining a party invitation where few people are known, social skills, potential new friendships, and a good time are missed. List the most important learning opportunities missed by staying in your comfort zone below:

STEP 6: Growth Zone: Identify Your Potential for Long-Term Growth

Consider your potential for growth if the learning zone is maintained for an extended period. How might this transform you as a person? What could be gained at a more fundamental, personal level by learning this? How do you think you would feel about yourself?

How do you think you would feel about yourself?

How could your growth affect your relationships with others?



Welcome!

I'm Linden, a dedicated Life Coach specialising in guiding mature professionals through life's various challenges and changes. My mission is to help you transition from feeling overwhelmed to gaining a clear understanding of your life's purpose and charting a confident path forward.

What I Offer:

- **Clarity and Commitment:** My coaching sessions provide a deep sense of clarity and unwavering commitment, helping you set and achieve truly inspiring and powerfully motivating goals.
- **Retirement Vision and Strategies:** I've developed comprehensive programs that help you envision your ideal retirement and equip you with strategies to manage the emotional aspects of this significant life stage. By the end of our coaching series, you'll have a game plan to navigate your retirement with purpose and fulfillment.

About Me: When I'm not coaching, you'll find me indulging in my passions—writing for both business and pleasure, enjoying serene walks with my dogs, and nurturing my peaceful balcony garden.

My Superpower: I excel in listening. By truly understanding and supporting your unique life journey, I help identify your needs, values, and aspirations, paving the way for a life filled with happiness and fulfillment.

Explore More: Thank you for downloading my resource! I'm confident it will be incredibly helpful for you. Explore my website for more coaching tips, resources, and packages tailored to suit your lifestyle needs.

Discover more at: <https://lindenfuller.com/>

Linden x

Linden Fuller. Expert Life Coach for Mature Professionals on the path to retirement



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