

Analyse Your Comfort Zone



The comfort zone does not age well.

The **Comfort Zone** is our living, work, and social environments that we have grown accustomed to. It determines the type of friends we make or people we associate with. It determines a life style we accept or reject.

Young people are very adaptable, they can adjust to changing comfort zones with ease. They can socialize with homeless people in the morning and be equally at ease at a formal banquet in the evening. As we age, the ability to adapt to wide-ranging comfort zones, becomes more difficult. Social prejudice narrows the comfort zone range. Our present comfort zone is in one of the following conditions.

- We want to maintain our current comfort zone.
- We are dissatisfied with current conditions and want to move to another comfort zone.
- We were suddenly thrust from our comfort zone and want back in.
- We need to make decisions without supporting facts. The comfort zone can be a decision making tool.
- If you were content with your current comfort zone, you would not be reading this website. Because you are reading, it is assumed you want to make some changes in the way you live and work. That brings us to step two. If you are dissatisfied with your life style, you can change it by changing your comfort zone.

Comfort zones are directly related to our dreams or goals, which is associated with self-fulfilling prophecy. In order to grow and change, we must first be discontent with our current comfort zone. To change to different life style, establishing a business, or succeeding at a challenging project, we must realise that all meaningful and lasting changes occur first in

daydreaming (fantasizing) and then they work their way into reality. If we clearly and vividly imagine ourselves being and having the things we truly want, we will create a new picture of ourselves. The old comfort zone, in time, will be unacceptable and we will find ways to acquire the new.

For example, if we want to sail the South Pacific in our own sailboat, we must clearly and vividly, image ourselves sitting in the cockpit of our boat and think about the challenge this environment would bring. This includes accepting the dangers along with the pleasures. The key to upgrading our comfort zone is to raise our self-image and level of what we expect or want first, then we will find opportunity to make the goal reality.

The more clearly and vividly we fantasize our dream, with frequent repetitions and emotional impact, the stronger and more real the pictures on the subconscious level will become. Once our subconscious accepts this image and its expectation, the subconscious will go to work, searching for a way to bring it into reality. If we feel that these things are too good for us, we will find ways to fail. If, however, we intentionally use our imagination to:

- Imagine the change we want.
- Build an expectation of the change.
- Mentally and emotionally, prepare ourselves for the change by anticipating what it will be like.

We will find ways to acquire dream and, when mentally ready, it will arrive faster than we ever thought possible. In effect, what we are doing is deliberately preparing for self-fulfilling prophecy.

As has been repeated many times, **"Whatever the mind can conceive and believe, it can achieve."**

For some people, problems, suffering, poverty, bad breaks are their comfort zone. Try to take away these problems and they will fight back. They find comfort in finding fault and complaining about their misfortune. The same is true for businesses. Daily crisis, employees making bad decisions, accidents, trivial problems, confrontation between management and workers is a workforce comfort zone. Management and workers have grown accustomed to seeing things go wrong and expect them too. Management finds comfort in finding fault with workers and workers find comfort in finding fault with management.

Negative comfort zones can be overcome by setting and thinking about positive goals. What we think about all day and what we expect, be it positive or negative, is our comfort zone.