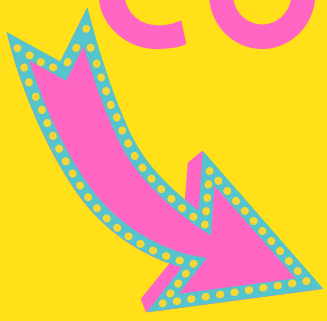


# 10 TIPS FOR LEAVING YOUR COMFORT ZONE



1. **Identify your why & purpose & have a plan**
2. **Believe in yourself**
3. **Be aware of what's outside of your comfort zone**
4. **Be honest with yourself**
5. **Get comfortable with discomfort**
6. **Seek support if required**
7. **See failure as a life lesson**
8. **What will the benefits be of stepping out of your comfort zone ?**
9. **Take small steps**
10. **Have fun & celebrate all your achievements !!**