



# The Comfort Zone

1. The comfort zone is the single biggest \_\_\_\_\_ killer of the modern day life.
2. The question we must ask ourselves to cut through the comfort zone and get better results is: “And how’s that \_\_\_\_\_ for you?”
3. Why don’t we get better \_\_\_\_\_ if that’s what we want?
4. Think about all the things we put up with because they’ve \_\_\_\_\_ grown to be like that and we’ve gotten used to them. We’ve even become \_\_\_\_\_ in our discomfort!
5. It’s convenient and comfortable to ask the people around us for answers to better results because the people, the things and the circumstances that we are \_\_\_\_\_ by are part of our comfort zone. But this doesn’t make sense if we want to get different \_\_\_\_\_.
6. Settling for the comfort zone means that we are today all that we are ever going to \_\_\_\_\_.
7. In the comfort zone almost all our actions are driven by \_\_\_\_\_.

8. In order to \_\_\_\_\_ we must get out of our comfort zone. Growth occurs outside the comfort zone, not in it.
9. There is a second key thing that keeps us in our comfort zone besides habit, and that second key thing that keeps us stuck is \_\_\_\_\_
10. Beliefs and habits keep us pinned in the status quo. Both though, only exist in \_\_\_\_\_ place that is within our control....inside our \_\_\_\_\_.
11. A big part of our problem is in assuming that our beliefs reflect a single reality rather than seeing them simply as the result of a learning \_\_\_\_\_.
12. If our beliefs and habits are responsible to such an extent in our lives for the results that we get in life, then surely it makes sense to cultivate habits that are going to take us in the \_\_\_\_\_ we want to go and to adopt beliefs that \_\_\_\_\_ us to believe that we are going to get there.
13. If the results we get in our lives are \_\_\_\_\_ with our comfort zone, and we don't like the results we'r getting, then it's \_\_\_\_\_ for a new comfort zone.
14. A simple formula for success: Get \_\_\_\_\_ your comfort zone...and \_\_\_\_\_ there until you get comfortable again. Then \_\_\_\_\_!