



7 Days Of Leaving Your Comfort Zone

Have you dreamed about being happy right now, at the exact point in life you are today? Because you know where you are, where you want to go and feel prepared to do what's necessary to get there? Are you imagining a version of yourself that is more confident, always aware and well-prepared for what's to come?

7 Days Of Leaving Your Comfort Zone will help you become a more content and successful person. I'll help you do this by instilling a mentality of growth in you, which will increase your confidence, help you overcome your fears and make you happier.

My name is Nik and I am a 24 year old student, writer, coach and quite a happy fellow. I have made conscious efforts to leave my comfort zone since 2012 and I have become healthier and happier than ever before.

Sometimes I do so in small ways, such as baking my own bread or doing a somersault in the living-room. Sometimes in slightly bigger ways, like quitting porn, alcohol and caffeine or starting my own blog. And sometimes I do it in huge ways, like spending 9 months on another continent, traveling to Sri Lanka for 3 weeks with only 1 bag or jumping head over heels into a long distance relationship.

To turn this confident and content dream version of yourself into reality, for the next 7 days you will receive 7 challenges, which will start you on your journey of rewiring your brain for success and happiness.

The exercises might seem quite unusual or sometimes too easy - I suggest you try them anyways (and marvel at their surprisingly profound effect).

This plan is designed to be impossible to fail - so your success is guaranteed in more than one way already.

If you want to know more about me you can find me at:

<http://niklasgoeke.com/>

If you're interested in one-on-one coaching via [coach.me](https://www.coach.me), check out my coaching profile here:

<http://bit.ly/1wsJi9c>

Cheers,

Nik

Day 1 - Show up

Video:

<https://www.youtube.com/watch?v=1NLxdM8vHDQ>

Quote of the day:

Eighty percent of success is showing up. - Woody Allen

Exercise:

Get up. Watch the entire video while standing. If you are already standing or even walking while reading this, find a place to sit down, watch the video to the end, and then continue what you were doing.

Why am I doing this today?

No matter if it's 80%, 50% or less, Woody Allen was right. In order to achieve anything, you first have to show up. And believe me, I want you to show up. By asking you to change your position I'm getting you to commit to this plan by giving you a trigger you will remember.

If you were just sitting in your desk chair, and are now standing in your cubicle, watching this video, I bet you will remember the one video you watched in there while standing up.

If you were just walking around and had to find a bench to sit on specifically to watch this video, I bet you will remember the one video you specifically had to sit down for and pause what you were doing.

A good trigger is always memorable.

For the rest of the week, this will be your trigger. Whenever you start watching the next video, I would like you to get up or sit down respectively, so your brain will know it is now time to work on your new habit.

Note: I also chose this because changing your position is the simplest and smallest way of leaving your comfort zone that I could think of.

What excuse could you possibly have not to stand up or sit down for a few minutes? I want to remove all possibilities of giving you entry barriers or reasons for making excuses to give up.

I really want you to succeed and we often fail because we start way too big. Consistency is the key to creating habits. In order to build consistency you have to take very small steps.

The smaller you start, the greater your chances of success.

Day 2 - Brush your teeth with your weak hand

Video:

https://www.youtube.com/watch?v=D_5M3r0zaDc

Quote of the day:

"Willpower is what separates us from the animals. It's the capacity to restrain our impulses, resist temptation – do what's right and good for us in the long run, not what we want to do right now. It's central, in fact, to civilization." - Roy F. Baumeister

Exercise:

Brush your teeth with your weak, non-dominant hand.

Why am I doing this today?

When working on your dreams, you're bound to face some obstacles and go through a lot of adversity. To pull through when times are tough, you're going to need some willpower, which we will increase with this exercise.

Roy F. Baumeister has spent years researching the topic of willpower at Case Western Reserve university, and he has found out that small habit changes can increase willpower and our ability to focus when working on tasks.

Ever since Baumeister found out that willpower is a depletable resource he has been seeking ways to improve it.

Find information about the original cookie and radish experiment here:

<http://www.theatlantic.com/health/archive/2012/04/the-chocolate-and-radish-experiment-that-birthed-the-modern-conception-of-willpower/255544/>

By doing things with your non-dominant hand, such as moving the mouse of a pc, pouring water into a glass, inserting your contact lenses, writing, cutting out something with a pair of scissors, brushing your teeth, etc. you can increase your willpower.

But there's more! Other scientific research suggests that people who use both hands equally, or are ambidextrous, have up to 10% more neurons connecting the left and right half of the brain.

When you use your dominant hand, only one side of your brain is active (for right-handed people it's the left side). When you use your non-dominant hand, both sides of the brain are active, and new neurons and connections between the two are built.

Therefore this exercise also boosts creativity and your ability to think quickly on your feet.

Plus: A tiny health bonus is that your dentist will probably commend you the next time for doing such a great job, since you often reach parts of your mouth you don't usually reach ;-)

Day 3 - Be aware of your surroundings

Video:

https://www.youtube.com/watch?v=C_GZOWuWBuE

Quote of the day:

"The safest way to try and get what you want, is to try and deserve what you want. The world is not yet a crazy enough place to reward a whole bunch of undeserving people." - Charlie Munger

Exercise:

Memorize what the F keys do on your laptops keyboard. Learn the order of your apps on your home screen. Memorize an ad you see. Pick one thing that you normally wouldn't pay attention to and learn it by heart today.

Why am I doing this today?

Are you aware of your surroundings? Do you notice details?

We all need motivation. In order to feel like you are ready to do the things it takes to reach your goals and dreams, you must make sure you are convinced you deserve them.

Feeling like you deserve something makes you strong in times when you need strength to perform hard tasks and it makes you feel at ease and happy once you reach a goal.

The simplest way to make sure you deserve what you want is by improving yourself a tiny bit every day. This is a notion that many successful people share. Charlie Munger suggests going to bed a little wiser than when you woke up. James Altucher calls it "The 1% Rule".

<http://fourhourworkweek.com/2014/07/11/james-altucher/>

A very simple way to do this and make sure you learn something every day is to be aware of your surroundings. Think of it as if you were Sherlock Holmes. Holmes was always on the lookout for details. The nuances other people would miss.

We often don't realize how much in life we miss although we use or see it every day. The F keys on the keyboard or the apps on your phone are a good example of that.

By committing to memorizing such a small detail today, that you would overlook or ignore on any other regular day, you are guaranteed to have learned one thing when you go to bed tonight.

This is the simplest formula for success there is. As long as you improve a little bit each day, you will feel prepared for whatever life is going to hit you with and you'll know you deserve what you desire once you get it.

For some more motivation, here are a few motivational videos:

Unbroken - http://youtu.be/26U_seo0a1g

Why do we fall - <http://youtu.be/mgmVOuLgFB0>

Dream - <http://youtu.be/g-jwWYX7Jlo>

Day 4 - Take the stairs, backwards!

Video:

<https://www.youtube.com/watch?v=79ih5zdSBeg>

Quote of the day:

“Action speaks louder than words but not nearly as often.” - Mark Twain

Exercise:

Take the stairs instead of the elevator, but take them backwards! Once you reach the top, realize that there are no rules on how to do things. You can do it your way!

Use that to make a boring activity fun today.

You could fold paper planes out of the papers you have to throw into the trash, play some loud music and sing while cleaning or see how many different seats you can sit on inside the bus while commuting.

Why am I doing this today?

Yesterday you learned how important it is to be aware in order to learn something and become a little wiser every day. Today is the time to take action.

What's more, I would like you to take action in your own way. In a direction that will make you happier.

Running up the stairs backwards is simply meant to show you that there aren't any rules as to how to do things. You can put your own spin on everything.

This will help you stay motivated and feel like you're moving in the right direction, even through times when you don't have a lot of resources to chase your dream. Sometimes work

gets in the way. Or family. Life happens. Chances are it might take you a while before you can pursue your goals full-time.

By making something boring fun today you will not only put your own twist on something, but also see there are plenty of small ways in which you can become happier, even when the diaper bills are the top priority this month.

That being said, if you can you should definitely carve out some time to do what makes you happy.

We all have things we would like to do, whether it is learn dancing, write a book, become good at playing an instrument, coding a video game or build model airplanes.

Chris Guillebeau calls out for people to go on a quest, which can be as huge as sailing around the world or as small as cooking a meal from every country.

He talks about it here:

<http://www.iwillteachyoutoberich.com/blog/why-you-should-start-a-quest-with-chris-guillebeau/>

Mihaly Csikszentmihalyi, one of the leading researchers in the field of positive psychology, coined the term of "flow" the state of effortless work.

Jonathan Haidt included his idea in the Happiness Hypothesis when talking about our voluntary activities, which should be gratifying and, ideally, trigger this state of flow.

Day 5 - Don't have your coffee today

Video:

<https://www.youtube.com/watch?v=mP19jelXj9k>

Quote of the day:

"I've had a lot of worries in my life, most of which never happened." - Mark Twain

Exercise:

Don't have your coffee in the morning today. Replace it with tea. If you're drinking tea usually, replace it with water. Try to go without 1 thing today, that you would normally choose to have and were expecting to be part of your day.

Why am I doing this today?

As we learned before, willpower gets depleted throughout the day. That's why sometimes, when you're expecting cookies and end up with radishes, you get tired, frustrated and subsequently don't perform well. While it is important to increase willpower, what matters equally is learning to deal with this frustration of not having things go the way you want or expect them to go.

This exercise should help you learn to be okay with not getting what you want. By sometimes deliberately choosing to not give ourselves the thing we are so used to or bent on having, we can prepare for tougher situations when this actually matters.

Your co-worker might not have the documents ready you need to create the report you two were supposed to hand in today, or traffic might keep you from getting to an appointment on time. It does not necessarily have to be your fault, but sometimes the ideal you have in your head won't come true.

Instead of dwelling on it, getting angry and frustrated, you can also choose to realize that it's actually going to be okay. More often than not, several alternative scenarios are possible, which are no worse than the one you originally expected. There is always a solution to everything.

For example you could have your co-worker email the documents to you if they are sick at home, finish them yourself, try to postpone the report due date, explain everything to your boss or ask someone else for help. Chances are none of the bad things you associate with any deviation from the original plan will ever happen.

Ancient philosopher Seneca already knew this 2000+ years ago and he put it this way:

Set aside a certain number of days, during which you shall be content with the scantiest and cheapest fare, with coarse and rough dress, saying to yourself the while: "Is this the condition that I feared?" - Seneca

Leo Babauta took this exercise to a very high level where he chose to go without a certain thing each month for a whole year and replace it with something else.

A year of living without - Leo Babauta

<http://zenhabits.net/without/>

Jia Jiang actively sought out rejection - he pushed himself to seek situations where his ideal expectation was bound to be disappointed. He shared the lessons he learned in a great TED talk.

Surprising Lessons From 100 Days of Rejection: Jia Jiang at TEDxAustin

<https://www.youtube.com/watch?v=ZFWyseydTkQ>

And finally, for all coffee drinkers:

<http://lifehacker.com/5585217/what-caffeine-actually-does-to-your-brain>

The results from not having coffee for a while are very interesting, so you might want to try and run that as an experiment.

Day 6 - Rip your fear apart, literally!

Video:

<https://www.youtube.com/watch?v=3nnBZkS-DO4>

Quote of the day:

“Never say never, because limits, like fears, are often just an illusion.” - Michael Jordan

Exercise:

Write down your biggest fear of the day on a piece of paper. What is the absolute worst thing that could happen today? What could totally go wrong that you are afraid of?

Write it down, read it out loud, then rip it apart!

Why am I doing this today?

After learning that it's okay when you don't get what your ideal fantasy projected, this takes it one step further. Remember day 4, how important it is to take action?

Fear can sometimes paralyze us and bring us to a complete stop.

"Action may not always bring happiness, but there is no happiness without action." - Benjamin Disraeli, former British Prime Minister

Imagining your worst case scenario can work wonders, because as with the replacement of coffee, you'll see how minor it becomes in perspective.

If the worst thing to happen to you today would be to get fired, what could you then do to get back on your feet?

Well you could immediately apply to 10 jobs the very same day. You'll probably have enough money to survive for at least another month or week, in which you could easily score a bar tending job or start waiting tables somewhere to pay the bills.

Putting our fear into perspective can not only help us overcome them, but also give us the confidence to tackle our big dreams and aspirations. Once we see that the potential reward of pursuing our dream is so much bigger than the small risk we face, we are much more likely to take action.

Once you know how much more you could gain as opposed to how little you have to lose, start out very small.

As Jordan Phoenix said it in a blog post labeled "F*ck your comfort zone": If you're scared to take even a small step, find an even smaller one.

You can read it here:

<http://jordanphoenix.quora.com/Fuck-Your-Comfort-Zone>

Diminishing your fear by pulling it out into the light, clearly defining it, and then consciously making an effort to get over it is what helps people find happiness.

It is a key difference between someone who hits the snooze button 5 times in the morning, and someone who tap dances to work.

So take some time every now and then to really think about your fears and you will see what you thought up in your head as this big terrible setback of which there's no coming back, is actually just a slight hiccup, a small bump in the road of your life, which you will easily get over.

Day 7 - Fruit for the less fortunate

Video:

<https://www.youtube.com/watch?v=nzLiWI1EWAI>

Quote of the day:

"The way you do anything is the way you do everything." - Unknown.

Exercise:

Give a piece of fruit to a homeless person. If you are shy, just put it down right next to them, or hand it to them without talking. You can also put a piece of fruit on your neighbor's doorstep, or simply drop 10 cents somewhere outside, where someone else will find them and have a great day.

Just perform a random act of kindness today.

Why am I doing this today?

What exactly happens right in that moment when you cross the border of your comfort zone? When you take that one step from the inside, to the outside?

That slight, shiver, the tiny goosebumps, that's discomfort. Whenever you feel it, that's when you grow.

The feeling you get when you approach a stranger, someone you have never talked to or interacted with before, is a perfect example.

We often remain in our social comfort zone, hanging around old friends and family, and that's perfectly fine. But every now and then it's time to step outside, make a new business contact, approach that pretty girl at the grocery store, ask someone for 10 cents for your subway ticket or try to get that promotion.

Leaving your comfort zone to do a small act of kindness is when the message really starts to sink in. The moment you leave your comfort zone to connect with others, is the moment where it not only affects you but creates a good example for others, who might then leave their comfort zone or go out of their way to reach out to someone else.

I also believe that kindness works like a boomerang - it always comes back.

This beautiful video illustrates it perfectly:

<https://www.youtube.com/watch?v=nwAYpLVyeFU>

This lesson also shows you how much happier an act of selflessness can make you. We are all busy, but it can really make a profound difference in our own lives when sometimes taking even a little time and making an effort to do something for someone else.

What's next?

Thanks for completing this course, I hope you had fun along the way and learned something. Now what's next?

The most important thing is to take one step outside of your comfort zone each day, no matter how small or big it might be. This is the way to build mental toughness and consistency in habits and will make you feel like you can take on the world.

If you want to learn more about building mental toughness directly from me, maybe 1-on-1 coaching is for you. You can find out about it here:

<http://bit.ly/1wsJi9c>

Take the challenges from this plan as an inspiration and come up with your own!

To see more of the challenges I did so far and get some ideas what you can do check out my blog!

<http://niklasgoeke.com/>

I do plan on coming up with a longer, similar plan, that might work as a follow-up to this one. I need something to do that though: your feedback!

I'd really appreciate it if you shot me an email at nik@niklasgoeke.com

Spread the word and remember: Every step outside of your comfort zone is a step towards happiness!

All the best,

Nik

P.S. Did you enjoy the course? If so, would you leave me a testimonial? This helps me improve the course for future students and make it even better. You can leave a review at:

<http://bit.ly/1CUnwE7>