



SUMMARY UNIT 5 : Chapter 3 : Your Comfort Zone

When you're out of your comfort zone, you can't get the knowledge that's being presented. You block it, and mistakenly say to yourself, "I'm dumb at this, I'm not good at this." Is it that you're not good at the thing being discussed, or were you simply out of your comfort zone when the person was talking, or the information was being given? Oftentimes, it's the latter. In those cases, your subconscious says, "Go back to where you're familiar; go back to where you're good."

You don't consciously tell yourself that, of course, but you're making the wrong conclusion because the real reason probably isn't that you're stupid or can't do it. Usually, it is because you're out of your comfort zone. When you blow it and you just seem to be clumsy and you drop things on people when you're out of place, and you make mistakes and you can't figure out why you're doing it, most often it's because your body is getting uptight.



When you detect yourself being away from the familiar, your muscles cave down on your rib cage, which caves down on your lungs, so you say, "I feel uptight about this. I can't breathe very well. I'm under pressure." What you're describing is the external feedback that's hitting you, which guides you back, teleologically, onto the old mindset that you have — the image that you're holding in your mind, your concept of where you really belong.

As a result, you find yourself correcting back to where you grew up, to the way you used to do business, to the way that things always have been, which is your own mental prison that you have put yourself in. Then your stomach secretes more digestive juice along with this, and so now, you're not only uptight and making mistakes, your head is pounding because you have headaches. Now, your subconscious starts giving



Your Comfort Zone

you ideas, and they're all negative ideas. Ideas that you're not competent, that you can't do the job, that you're bound to fail.

The bottom line: letting yourself become confined to your comfort zone keeps you from achieving the goals you set. Your dreams stay dreams, never to become realities. Things don't change much, and you miss out on the adventure that life was meant to be.