

LEADER READERS

Expanding our comfort zone

We should consider expanding our comfort zone for 2 reasons:

1. Fear of failure
2. Being stuck in a routine (boredom)

Reach out of that cozy spot you've created for yourself and get out there! Never let yourself say, "I don't think I can do this." Of course you can! Here is an empowering thought you can say to yourself in those moments:

There is no such thing as I can't! I either CAN or I WON'T.

You are going to be faced with all sorts of challenges for the rest of your life – graduation, marriage, children, new jobs, new responsibilities. We are bombarded with change and challenges everyday. One way of dealing with these is to expand your comfort zone.

HOW TO EXPAND YOUR COMFORT ZONE

- Try new ideas. Be open to hearing the other side of the story.
- Try new concepts. It can be as easy as trying a new food. Trying a new style of clothing. These seem small and even incidental, but this will get you in the mindset to take on more challenging demands.
- Be flexible.
- Drive/walk a different way to class.
- Take the stairs instead of the elevator.
- Fold your arms the opposite way than you're used to.
- Sign up for a class that is not in your major, but is just an interest of yours.

Leader Readers are a service of the Center for Student Development (CSD), created to support student organization success at Texas Woman's University. For more information, please contact the CSD at (940) 898-3626 or visit us on the first floor of the Student Center, 116.

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Overall, challenge yourself. Don't take the easy way. Life is so much better when you feel you've accomplished something. This is not to say that everything is going to work out the way you thought it would initially. Sometimes you are going to fail at the task, however you are going to succeed in the long run because you tried!

Life is an adventure. "This is YOUR life, not a dress rehearsal." We only get one shot!

Here are some quotes that you might find inspiration from to take on those challenges and grow to be the best person you are capable of being!

"There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom." - Anais Nin

"The most common way people give up their power is by thinking they don't have any." - Alice Walker

"Courage is like a muscle. We strengthen it with use." - Ruth Gordon

**"You may be disappointed if you fail, but you are doomed if you don't try. "
- Beverly Sills**

"If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security." - Gail Sheehy

"I'm not afraid of storms, for I'm learning to sail my ship." - Louisa May Alcott

"Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory." - Betty Smith

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