Why challenging your comfort zone is essential to growth

Change is always an uphill path. It's not easy to get away from your habits, your safe spaces, and your way of living. But living in your comfort zone can't do much for you. To achieve bigger things and reach better heights, it's very important to leave your comfort zone. Creating a comfort zone is a healthy adaptation for much of our lives. But so is stepping out of our comfort zone when it's time to transition, grow, and transform.

What is a comfort zone

The comfort zone is a psychological state in which a person feels at ease because they're not being tested.

When one stays in a comfort zone, they don't engage in newer experiences or take on any challenges. They only keep engaging in activities that are familiar to them. It gives them a better sense of control over themselves and the situations around them. It prevents them from stress and anxiety. Not dealing with the uncertainties of a new challenge gives them a feeling of calm. And that's why people naturally tend to stay in comfort zones.

Why leave your comfort zone

A Comfort zone is a mental space that ends the possibilities of personal growth. It binds you in a cocoon of our own securities, clipping the wings that could make you fly high. It's imperative, therefore, to step out of your own safe world and explore the vast universe of opportunities and endless possibilities lying in front of you.

To be a stronger person

It takes courage to step out of your personal zone. Once you take that leap of faith, you will rise up as a stronger person. Stepping out of your own world would mean that you will have to deal with a lot of challenges, fight many battles, and inadvertently lose some of them. But dealing with the harshness of these situations will mold you into a better version of yourself, thus making you stronger.

Opens up creative avenues

When you are used to living your means of life, you don't experiment or try being more creative. Stepping out of your comfort zone gives you an opportunity to be creative. A study published in Applied Cognitive Psychology in 2012 showed that students who spent a semester outside their country had higher scores on two tests of creativity than

those students who had stayed in their home country, implying that stepping out makes you more creative.

Boosts your self confidence

Initially introduced by psychologist Albert Bandura, who was also responsible for the development of the Social Learning Theory, this concept states that leaving your comfort zone and taking steps to achieve your goals will have positive effects on your self-efficacy beliefs. It happens because you see yourself rising above your limitations and achieving unexpected results.

Creates avenues for personal growth

As you rise above the fear of failure and explore alternate avenues for success, you open up newer doors for personal growth. Being proactive and stepping out of your comfort zone pushes you to achieve more personal growth. This prepares you for more experiments, more challenges, and in turn for more rewards.

Gain valuable life lessons

As you step out of your comfort zone, you get to meet new people, engage in new activities, and all of this gets you valuable life lessons. This teaches you skills beyond your expectations and pushes you to greater heights.

There is a phrase that says, "Life begins at the end of your comfort zone," and that's what holds true in all situations.