

50 Ways to Get Out of Your COMFORT ZONE



1. Buy something new at the store.
2. Do something your inner kid loves: roller coaster ride, snowboarding, etc.
3. Start learning a new language.
4. Reach out to someone you haven't spoken to in a while.
5. Try a new recipe.
6. Introduce yourself to someone new.
7. Turn your shower to cold at the end.
8. Set up a Zoom (or real life) meeting with people you've never talked with.
9. Push yourself on your clothing choice.
10. Start a challenge with a friend.
11. Take a new route on your walk/car ride
12. Visit a new place (park, restaurant,)
13. Volunteer.
14. Ask for a discount.
15. Try a new workout.
16. Join Toastmasters.
17. Write yourself a note using your non-dominant hand.
18. Do a digital detox for at least a day.
19. Take a dance lesson.
20. Take a creative class.
21. Commit to saying hi to everyone you meet on your next walk
22. Listen to a new music genre.
23. Read something new.
24. Take yourself out on a date.
25. Watch something different.

26. Skip the news for a day.
27. Try fasting.
28. Order a new coffee drink.
29. Tell someone how much you appreciate them.
30. Write in a journal.
31. Declutter.
32. Try being vegan for a day.
33. Speak out online about something you care about.
34. Sleep on the floor.
35. Purposely sit in the wrong seat.
36. Start that book or project you've always wanted to start.
37. Ask someone for a recommendation
38. Wake up early in the morning.
39. Switch up your routines.
40. Dance (bonus points for filming it).
41. Ask for something that you don't see on the menu.
42. Dress up for the next holiday.
43. Give someone a compliment.
44. Invite someone you don't know well to lunch.
45. Ask for feedback.
46. Respond with a word that's not "good."
47. Begin learning a new instrument.
48. Try meditation.
49. Give someone a spontaneous gift.
50. Take a picture daily for a month.