

Episode Transcript

TAOLC EP: 018 - Breaking the Comfort Barrier: How to Embrace Change and up-level your Life

Please note that this transcript is AI generated and may contain minor errors.

Welcome to the art of living consciously podcast, a show designed for out of the box thinkers and mindset shifters, who are looking for new ways to evolve. This is an intimate container designed to uplift, inspire, and motivate you on your own growth journey. I'm your host, Dannie Reeve. As a certified BNE or Bioneuroemotion practitioner, I empower men and women to turn their conflicts into stepping stones for growth. Because when you question your own beliefs and perceptions, and take responsibility for your life, everything else follows. If you ask me, Earth is a place where souls are sent to evolve, and in this podcast, we will discuss the best tools for our evolution.

Welcome my Flawesome Friends to episode 18. Now I have a confession to make. I have been going through quite a lot of chaos and turmoil in my life. I am faced with a number of decisions I need to make on a professional level and also on a personal level, and I am observing in myself how it is so easy to go back into the comfort zone. Now, it's quite ironic that my first podcast episode is titled Why Failure is The Way Forward, and I actually had to go listen to it again myself for a bit of a refresher on the tools that I needed to implement in order to continue to move forward with my project and this podcast.

You see, my comfort zone is to prioritise other people's projects, other people's emotions, other people's problems, and that gives me an excuse not to have to deal with my own growth and the discomfort that comes with it. So since I need that pep talk myself, I thought why not do a podcast episode on helping us break the comfort zone barrier and embrace change rather than resist it, we will look at ways in which you can become aware of the areas in which you are choosing comfortable diminishment over uncomfortable enlargement. What could be the consequences of those choices? Why change is uncomfortable and why discomfort is so important and why is its important to start taking action even if it's just a small step in order to move in the right direction? Small actions are better than no action. Throughout this episode, I will provide you with some journaling questions that I invite you to note down and take time to reflect on and respond as it will be very helpful.

Okay, so let's delve in. Let's start by defining the comfort zone. Actually, I like to call it the familiar zone more than the comfort zone because I feel that comfort implies that it's something nice, something that you can look forward to. You know, you think of a nice comfortable chair, but actually the comfort zone doesn't necessarily mean that it is comfortable. It's just familiar. It's what you know and you've been doing X, Y, Z over and over again because you don't know any better or perhaps it's become that familiar to you that you don't even question if it's good for you. It's like when you ask somebody how they are and they'll answer the typical, I'm fine, you know? Um, what does that mean? I'm fine. It's not

great. It's not bad either. It's just met. That's what the comfort zone is. It can also be a very uncomfortable place to be in.

It's just that you've gotten so used to it that you actually numb what you are feeling in that situation or in that environment. There's no excitement, there's no growth, there's no intense emotions, or maybe it just produces the same results and the same emotions. If you take sport for example, you might be very comfortable with certain skills and if you were to stay and do those skills over and over again and always do the same thing, you'd probably get bored, wouldn't you? Right? What you need in order to keep growing is to learn new skills and to push yourself out of that comfort zone. Same applies to any area of your life. We are not here to repeat the same skills over and over again. If you think of life as a video game, imagine if you were to stay in level one for the rest of the video game wouldn't be very interesting, wouldn't it?

Going to level two requires you to learn new skills to push yourself and to venture into the unknown, into worlds that are unfamiliar to you. The first step to breaking your comfort zone barrier is to be very honest with yourself in terms of where you might be too comfortable. Where are you stuck on level one? Where are you settling for less? We are not here to stagnate. We are here to learn and grow. As Dr Thema Bryant says in her wonderful book, homecoming, the only way to change direction is being honest with yourself about the ways in which you have felt lost, disconnected, unfulfilled, or stuck. Staying in level one could look like tolerating an unfulfilling work environment. It could look like feeling disconnected in a relationship, putting up with harmful behaviours, avoiding intimacy, not speaking up for yourself, constantly putting other people's needs first, thriving on other people's drama, constantly creating drama in your life, a general feeling of helplessness and disconnect, numbing your discomfort through food, drugs, other substances, video games, gambling, shopping, you name it, it could look like procrastination or self-sabotage, a tendency to avoid taking risks or making changes even if those could be beneficial for you.

And the list goes on and on and on. Basically is staying stuck in the same way of doing things or of coping with things and therefore getting the same results. Now, as I explained in episode two on people pleasing, the reason that you are doing what you are doing, the reason that you are making the choices that you are making and adopting the attitudes that you are adopting in order to stay where you are at and not grow has a positive intent behind everything we do. We are trying to fulfil a need and to gain something for ourselves. Basically, your mind is trying to protect you. It's just that it's not doing a very good job of it. I explained this in greater detail in that episode, so please feel free to go back and have a listen, and I will just use a personal example to illustrate this right for me, and I'm sure most of you can relate, public speaking gives me a certain level of anxiety.

My work requires me to do webinars, webinars which are recorded and available for my students and also my supervisors. Recording this podcast is totally out of my comfort zone. Being seen and recording a video podcast, which I hope to do in the future, is next level discomfort for me. So what I tend to do is I tend to procrastinate and put off those very

important tasks and tasks that actually do bring me a lot of fulfilment once I do make that choice to press record. So my comfort zone is to avoid and put off. When I avoid and put off recording or doing a webinar, I am avoiding being seen or heard, and that gives me a sense of safety and that gives me a sense of peace. My brain is trying to give me peace, but that momentous sense of peace comes at a great cost.

Why? Because it keeps me stuck in the same level of my video game. I am not expanding. I am hiding. I am not reaching my full potential. I am not serving the number of people that I could serve if I choose to step out of my comfort zone. So I need to challenge myself and I need to challenge that sense of safety and allow myself to go through quite a big amount of discomfort in order to step up the game of my life. Do I succeed every single time? Hell no, but every time I give in, I choose differently for the next time and every time I choose differently, it's a small win in the right direction. So I want you now to get very honest and serious about where your comfort zone can be. What area of your life needs most attention? A sure way for you to see this, and I have spoken about this in other episodes, is to look at the results you are getting.

What are you actually committing to in your life? Are your results aligned with the life that you truly desire and want for yourself? A very useful exercise that I walk you through in episode six is the airport test. So same. If you want to go over that again, please go and refer to that episode, but today I want to give you some journaling questions that can help you to look at this from a different angle. Before you journal, take a moment to take a few deep breaths and drop into your body because it's useful to access that other type of intelligence, your more intuitive intelligence that knows where you are, fooling yourself and where you are, giving yourself excuses to keep behaving in the same way and to keep settling for the same things. Here are the questions, where am I going? What road have I been following based on my investment of time, money, and relationships?

Where does this road lead? Is that where I want to go? Be truly honest with yourself and take time to look at the different areas of your life, like finances, relationships, health, work, personal development, play and leisure, family, whatever is important to you in your game of life. This exercise might highlight areas that you are doing really well for yourself and areas where you need to pay more attention. You might find a few inconsistencies or you might find out that you have veered away from the path that you really wanted to take for yourself. No matter what you find out, just remember that awareness is key. This is not about judging yourself or beating yourself up, but rather knowing that when you're honest with where you are at, you can do something about it. Life is not a race and it's not a one size fits all.

You get to decide where you want to go and what you want to put your energy in. So be honest about what you want and be honest and real with yourself about the actions you have been taking that might have led you astray. Here's some more questions that can help you to delve a little bit more into that. How am I feeling at this stage of my life? Take time to really journal about the way you're feeling in all the different areas of your life. What emotions are coming up for you? What feelings, and don't judge yourself. Whatever comes up is

completely okay. The only requirement here is that you be honest. You might even find that you come up with some contradictory or conflicting emotions, and that's okay as well. The idea is to really access the way you are truly feeling about things in your life right now, and journaling is a wonderful way to do that because it gives you access to a moment of stillness, a moment with yourself.

It's a moment of self care, but it also allows you to access different parts of your intelligence, not only your thinking rational brain, but your feeling brain, your inner self, who is really your life force, your no Bs, no nonsense part of you who knows better. If you only listen to your thinking rational brain, you might end up talking yourself out of making any meaningful move in your life. We can make up crazy excuses to put up with intolerable situations or prevent ourselves from taking a huge leap forward. This is for example, what can lead you to ignore red flags in a relationship to override your gut feeling and decide to accept working conditions that are unacceptable. Your inner inner self is not diminished by fear. It looks for ways to enlarge you. It knows that you're completely capable of moving to the next level, and it will constantly nudge you in the right direction.

It might start off as a quiet whisper, but if you don't listen, it will get louder and louder and louder. So journaling is a great way to access that whisper. Here are a few more questions that can help you self-reflect, where in my life am I settling for less? Where or in what ways have I been silencing my inner whisper? What could happen if I trusted my inner knowing? Who might I upset? What might I lose if I don't listen to myself? Am I surrounded by people who challenge and inspire me, or am I primarily in the company of those who reinforce my comfort zones? What activities, goals, conversations, actions have I been putting off due to fear or discomfort? What would happen if I took a step towards them? And lastly, if I imagined my life five or 10 years from now, what changes do I hope to see and what steps can I take today to start moving towards that vision?

These questions will help you to gain clarity around where you are at, what you aspire and desire, and the ways that you've been maybe silencing what you really need. What you find out might be uncomfortable, but trust me, it's much more uncomfortable to put a blinders on the way that you are going about things and then wake up five, 10 years or at the end of your life and realise that you didn't go all in in your game of life, that you prioritised things that were not important to you, that you played the game of someone else's life, and that you put off things that could have advanced you and moved you five, six levels up in order to be able to experience things that you really wanted to experience, but you chose comfort. It's a good thing to reflect on those possible consequences, and a good exercise is to actually fast forward to your deathbed.

You know, we live a lot longer now, so let's say that you are 95 and you are on your deathbed and you look back now that you have assessed where you are at in your life and where you want to go, think about what that 95 year old you would be thinking If you didn't correct the course of your life today, what would be your biggest regrets? What would that 95 year old self think of you not having that conversation with your spouse? What would your 95

year old think of you not having ask for that pay rise or not having taken that chance to develop a project that you really liked or not having experienced what a full loving relationship is or whatever that thing is for you right now? What would your 95 year old self think on their deathbed if they still were on level one?

Would they be telling you to stay where you are and play safe or would they be nudging you to fill that discomfort and enlarge yourself and grow through any adversity that might come up with the choices you make? Would they choose comfortable discomfort or would they choose uncomfortable enlargement? Think about that. It gives you perspective because life is short. Life will end one day and you won't have any more levels to play. It will be game over. That's it. One go. What do you decide to do with that? Trust me, I'm speaking to you and I'm speaking to myself right now. Sometimes all you need is a tough question for you to start taking the correct action. Life will always move you in the right direction. Sometimes it's a tough question, and if you're listening to this podcast, you are one of the lucky ones who is questioning themselves and who is trying to make this game work for them, right?

Actually, the game is always working for you, and if you don't listen to the whispers, to the nudges, to your inner self, to that feeling of discomfort, you are feeling in certain areas of your life one day the rug may be pulled under your feet and you'll be forced to make that move. It'll take away the things that you are holding on for dear life and security. You might lose your job, you might become ill and lose your health. You might lose somebody very close to you. You might. All those trials and tribulations that life gives you are actually opportunities for you to step out of your comfort zone and to start realising that you have one shot and that is doing yourself a disservice not to listen to what you truly need and what you truly desire. And if you happen to be going through this right now, just know that life is not doing one on you.

It's actually given you an opportunity to step up. It's pushing you in the fear zone so you can grow, so you can understand that you determine the way that you choose to show up in life. It's trying to show you how resourceful and resilience you are. Sometimes it takes losing everything. We have to truly come home to how powerful we are as beings, but obviously, ideally you don't want to get to that extreme. So learning to listen to the whisper will prevent you from having to learn the hard way. Does that mean that it will be an easy route? No, it won't. As you know, listening to my podcast discomfort is an essential part of growth and of life, but the more you lean into the discomfort, the more fulfilling your life actually can be. So I hope that you take the time to journal, sit with yourself and get real about where you are and where you would like to be and what you need to do to start moving your life in a different direction and then start taking action.

It doesn't necessarily have to be drastic. Being clear about the areas where you are inconsistent and where you are not fulfilled, and setting an intention to improve is already a big step. You've pulled the bandaid off and taking one step in the right direction and then another, and then another will lead to great change. In the end, it might look like signing up for gym class and deciding to go once a week and then building up on that. And once your

comfort zone expands and you are comfortable with once a week, then you can go to twice a week and then three times a week. If you have a deep desire to change your career, it might look like simply doing a Google search and looking for different options and then building on that. If you are in a unfulfilling relationship, it might look like organising a date night, opening up about your feelings, having that first conversation.

Some of you might be called to make drastic changes, and that's okay too. Whatever works for you. But remember, action is better than no action. Pace yourself and be kind to yourself and remember to celebrate the small wins. Stepping out of your comfort zone can be tough, and so it's important to give yourself that pep talk and that, yes, I did. Well, I was able today to have that conversation with that person. Maybe it didn't go the way I wanted it to go, but I am proud of myself for having done that. I didn't post my podcast episode and I beat myself up for it, but I decided to step up and take action anyway. Even if I'm posting it late, I'm posting it and I'm going to celebrate myself for that. Remember that. It's the process that counts. So stepping out of your comfort zone is tricky.

It's difficult, but the process is worth it. And if you stumble along the way, it's okay. It's fine. And if you go back into your comfort zone, it's okay as long as you are aware of it and then you take action to move back out of it. The idea is to keep evolving, to keep growing, and you can so do it. I believe in you. I mean, how could I not believe in you? You made it to this planet <laugh>. I mean, the chances of you making it here are like one in, I dunno how many millions you are here to play my friend. The world is your oyster. So go play. Go make that 95 year old or 110 year old proud, not proud of everything you've accomplished, but proud of who you've been and how you've showed up and how you've made your life matter.

The way you make your life matter is unique to you only you know. The only mistake you can make is not to try. So listen to your heart and go and up-level your game. I post my episode transcripts on my website. So if you want to have a look at those questions, again, just head over to www.danniereeve.com. That is D A N N I E REEVE..com/podcasts. And there you have it for today's episode.

And there you have it for today's episode. To find out more about what I do and how I can best serve you, head over to www.danniereeve.com Meanwhile, why not hit that subscribe button so you can be notified When the latest episode drops in, I promise the journey will be worth it. Thank you so much for listening. I truly appreciate you and I wish you a flawless day that is flawed and awesome just the way we like it.