

Challenge yourself to be different

Don't live too safely when you yourself get fed up with old and familiar things. Be brave, challenge your mind and your perseverance. Dare to venture and dare to change.

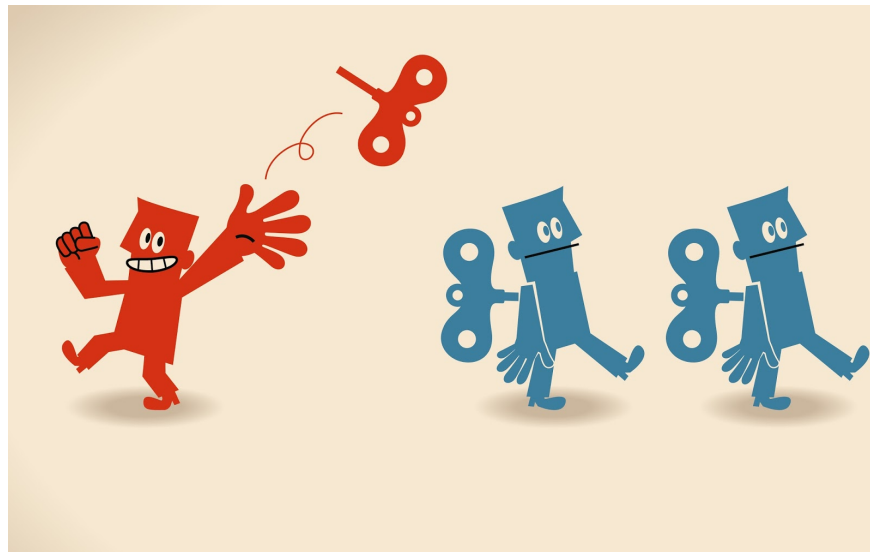
"Venturing more than other people means being safe. Paying more attention to what other people think is wise. Dream more than other people mean reality. Expect more than others think is possible." - Cadet maxim.

The last time you did something that pushed you out of the familiar things you still do, outside the safe zone - the area you think is unmoving. We expect change. A better change. But we are afraid to move.

Change seems to be a difficult thing!

The Comfort zone is a place where we always feel most comfortable - a job we know for years, a kind of book that we always choose to buy or read or a living environment that we can freely wave, do whatever you like without fear.

A change means a threat will appear, an opportunity for something to go wrong. So it is not surprising that people try to avoid doing anything that requires change. And changing the mind is the hardest thing to start.



Our bodies and minds crave repetitive and simple jobs. Naturally, we are always attracted to our own safety zone. Meanwhile, development is outside the area that you think is safe. It requires you to pay for trying new things, new paths, new ideas, new principles and new ways to get better results with what you're doing.

To protect themselves, the mind uses the "fear" mechanism, which makes us afraid of everything outside and is always mindful that things outside of the safety zone contain a threat.

And nothing is wrong if everyone likes to stay in such a safe area, because it makes us feel like "fish meets the water", there's nothing to worry about because anyone or anything in that place makes us feel good. be loved and enveloped. However, one day we will realize: **Why is this life so monotonous and boring?**

See also: **12 ways to push yourself out of the safe zone every day**

You are completely able to overcome that fear and will get used to new habits. In the real world, you cannot achieve anything if you wish only without doing, only dreaming but not acting. When living in a safe way means you are taking the greatest risk in your life.

Never miss the opportunity to express yourself. Please join. Please move. Be open. Give yourself the time to look at what is possible and even create the slightest steps in that direction. It is too easy to stick to everyday habits or keep doing something familiar. Difficult here is how to get rid of it.

Challenge your mind

Life is inherently risky. There is only one biggest risk you should avoid at all costs - that is the risk of not doing anything - Denis Waitley.

New challenges and new activities will make your brain more powerful. Learn a new language. Read science fiction books. Speeding in front of Crow. Learn to swim. Introducing your best friend for the first time in a big event. Participate in conversations with strangers. Face the fear and determination to make it disappear from your life. Your mind has the ability to overcome the most difficult situations. Challenge it and it will reward you.



You have to challenge your mind - even, make it not comfortable by pushing yourself to do things that don't come naturally. Think of your mind as muscular when over time, of course, it will become strained unless cognitively affected.

Most things are impossible until they are done. Allow yourself to think and act beyond ordinary things. And then you will be surprised by what you can achieve.

Comfort is an obsession

The only source of knowledge is the experience - Albert Einstein.

Comfort will kill creativity and productivity. Your body and mind always crave familiar things, easy to do. Want to be better, better, you have to go beyond those traditional things to try new, more difficult things and you will find yourself doing more.

See also: **You won't want to admit 13 signs that you're wasting your life below**

Like Alan Henry once shared on Lifehacker page that:

The idea of a "safety zone" comes from a classic psychological experiment. In 1908, psychologist Robert M. Yerkes and John D. Dodson explained that the state of relative comfort created a level of efficiency stability. However, in order to maximize your productivity, we need to arouse relative anxiety - meaning that the feeling of tension is slightly higher than normal. This is called Optimal Anxiety - "optimal worry" and it is outside your own safety zone.

Step out of the safe zone by daring to ask, dare to speak, dare to criticize, dare to face yourself and dare to fail. Do not deny sweet "bitter fruits" because it will help you feel the tastes never tasted before.

Interesting life awaits us out there!

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