

The Brendon Show

with

———— BRENDON BURCHARD ————

**Find What's Necessary to Leave Your
Comfort Zone for Good**

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Find What's Necessary to Leave Your Comfort Zone for Good Training Guide

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SUMMARY

This episode is about how and why you should consciously leave your comfort zone to move into the "Necessary Zone." Getting into the Necessary Zone is about finding why it is necessary for you to finally do the things you're afraid of to achieve your goals. It starts with focusing on what is necessary for you to do to become your greatest version, not what will make you comfortable.

Follow along in the training with the notes below, then finish the sentence completion exercise to leave your comfort zone and enter the Necessary Zone!

1) We guide our days from our Comfort Zone.

A lot of people plateau in their careers, relationships, and in other parts of their lives. People experience a plateau because they are guiding their days and their ambitions from their comfort zone. When you live in the zone that puts your comfort over growth, you will experience plateauing and stagnation.

2) Our Comfort Zone is comprised of our preferences.

Our preferences set the foundation for our comfort zones. Our comfort zone is based on what we want and what we are comfortable with, so in order to grow, you must be aware of our preferences and make choices in alignment with our goals and higher self. Honor the struggle, let service and role model mentality guide you, as you come up against your preferences.

3) High Performers live in the Necessary Zone.

High Performers find why it's necessary to push themselves. Look at three areas (like relationships, career and health) in your life and find what is necessary to take those areas to a deeper, more fulfilling level. Where do you need to grow and develop skills? High Performers are focused on what is necessary, not what will make them comfortable.

4) Make the Necessary Zone part of your identity.

High Performers have a social obligation to leave their comfort zone because they are supporting those around them and serving as a mentor or role model. Their necessity to grow is part of their identity. They identify where it is necessary for them to grow, develop, change and connect. They act upon these necessities and bring those tenets into how they understand themselves and how they act in the world.

Apply these teaching points to move from your comfort zone into your Necessary Zone and you will experience the shift you've been looking for! You can finally leave your comfort zone when you have powerful reasons to make changes in your life. This guideline can help you start making those changes today.

Sentence Completion Activities

On this page, Brendon begins sentences that you are to complete.

There are no right answers. Take this as an opportunity to think and write. Sentence completion activities can be powerful, if you actually write about the answers. Simply reading the phrases has little effect. Profound insights and ideas arise when you put pen to paper!

1. The area in my life I am experiencing a plateau in is (and the reasons why are)...

2. I notice I am guiding my day from my comfort zone in these ways...

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3. Some of my preferences that keep me in my comfort zone are...

4. I will address these preferences to shift from comfort to growth by taking these actions...

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5. When I think about my health, relationships and career, my 'necessary' can be described as...

6. The three areas in my life in which I've been inhabiting the Comfort Zone are...

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7. The skills I need to grow and develop to grow into the person I want to be include...

8. I will integrate this growth into my identity by taking these actions...
