



Presented by BU Happiness College

Why You Need To Leave Your Comfort Zone

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"All growth starts at the end of your
comfort zone."
- **Tony Robbins**

The Basics

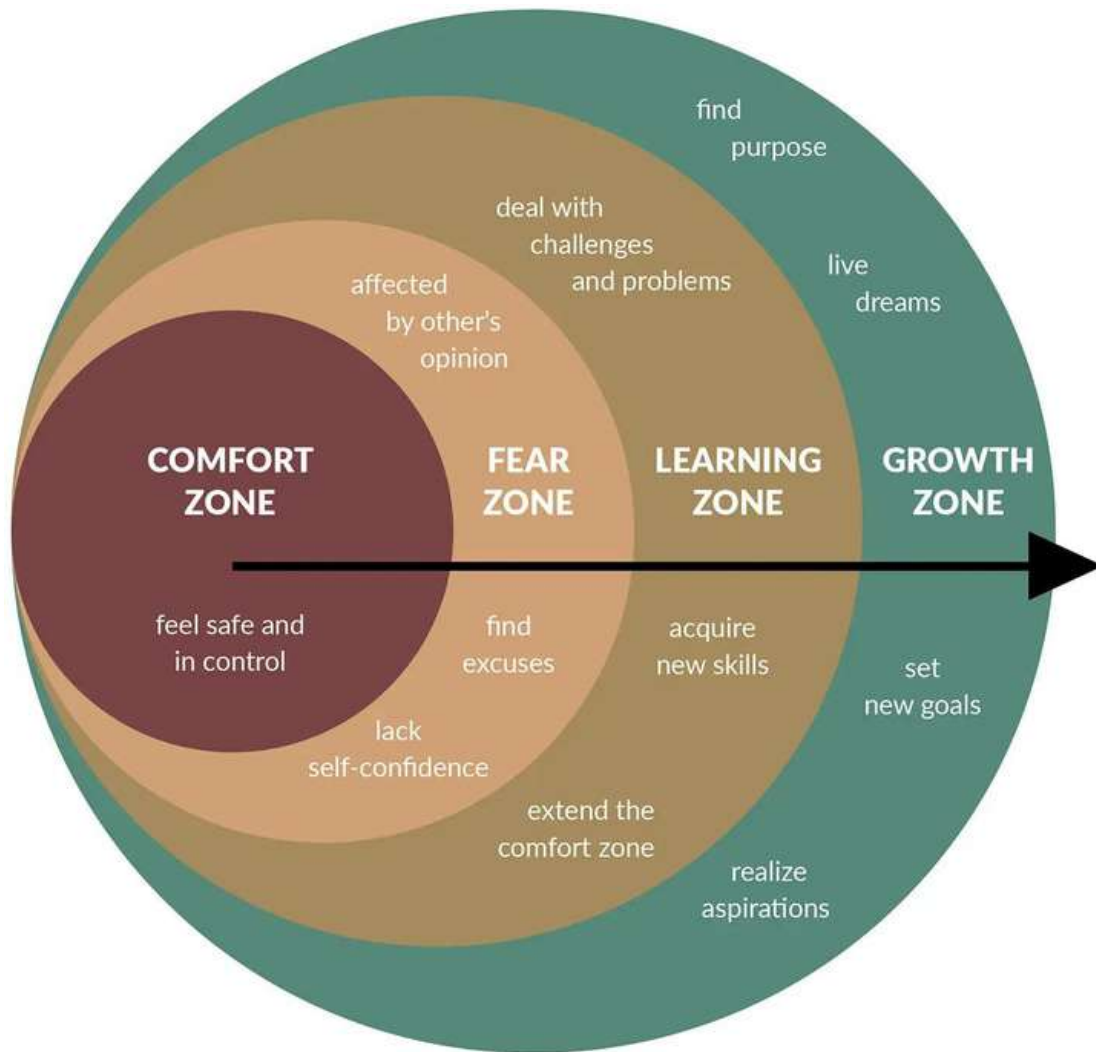


What is a comfort zone?



Why is it hard to leave it?

What To Expect



Notes



Breaking Out of It

Area	Habit or common practice	Something outside your comfort zone

Growth Mindset



What is it and why is it important?

A large, empty, light gray rounded rectangular box intended for a student's response to the question above.

Adopt a Growth Mindset



Fixed mindset thinking

- Avoid challenge
- Be defensive and give up easily
- Effort is worthless
- Ignore all negative feedback
- Feel threatened by success of others

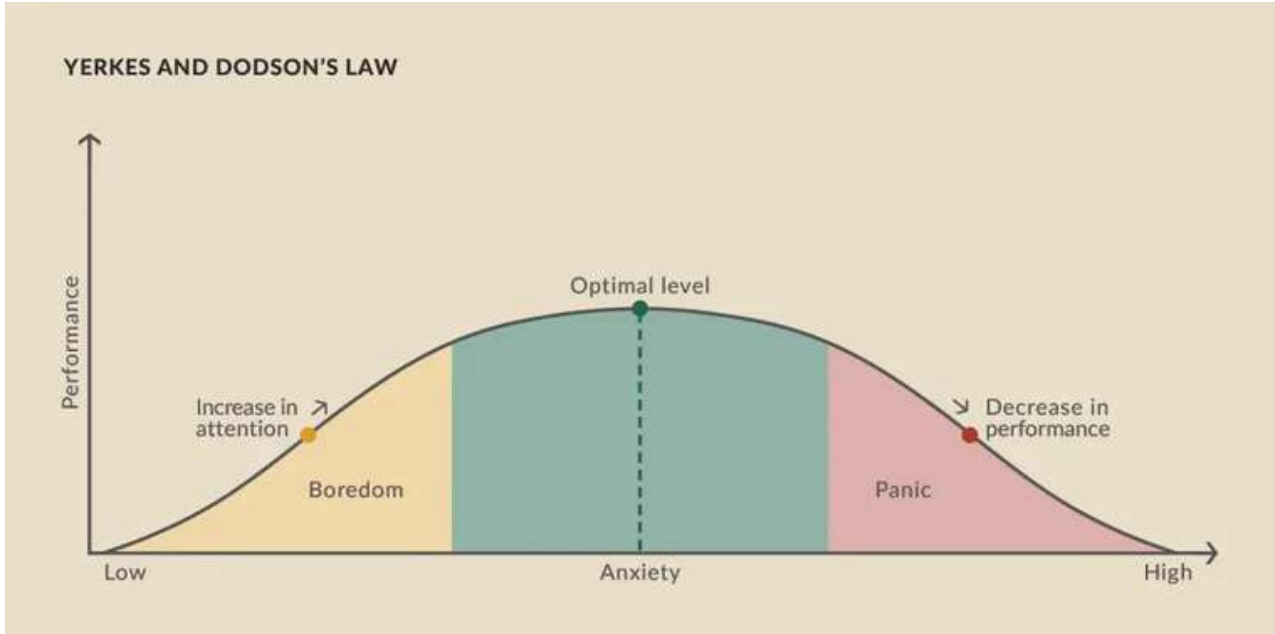


Growth mindset thinking

- Embrace challenge
- Persist despite setbacks
- Effort is the path to mastery
- Learn from all criticism
- Be inspired, learn from other's success

Add new ones...

Just Right



Notes



How To Leave It

**Something outside
your comfort zone**

Baby steps

A photograph of a person's hands writing in a notebook with a pen. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light coming through.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...