

# Break Free!

Step Out of Your Comfort Zone and  
Step into the Zone Outside Your Comfort!

**How to Make Big Things Happen.**



*Sue Feldman*

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The information in this eBook is purely to show you how to go about Breaking Free if you are interested! Let us review a few ideas and tips for stepping out of your Comfort Zone and making it part of your daily routine. If you are interested, then this eBook is for you.

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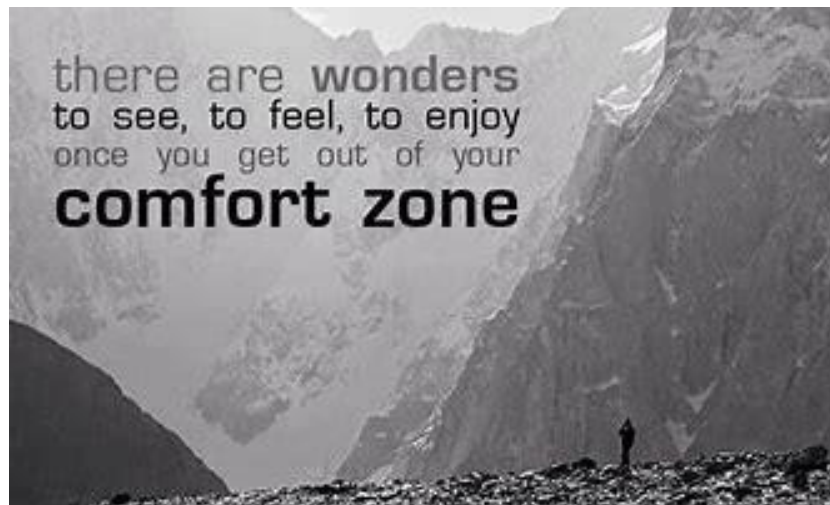
**Moving Forward**

Life begins at the end of your comfort zone so do one thing every day that scares you.



**GET COMFORTABLE  
BEING OUTSIDE YOUR  
COMFORT ZONE  
CAUSE THAT THE  
ONLY WAY TO GROW**





## Leave Your Comfort Zone for Big Growth

*"You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone."*

*- Roy T. Bennett*

Eating the same foods every day, going to work at the same place you have always worked or spent your day keeping to yourself at work are all forms of comfort zones. Every individual has a different idea of what they are comfortable with. We do the same routine, eat the same foods, and keep the same people around us to feel comfortable.

Our comfort zone is like our home. It is where things are familiar, restful, and regular.

The comfort zone, as defined by the Cambridge Dictionary, means "a situation in which you feel comfortable and in which your ability and determination are not being tested." You feel relaxed and calm in your comfort zone.

We often don't get out of our comfort zone unless we are forced into a new situation, like a promotion at your job that causes you to speak in front of others, or you are forced to face new positions because of health issues.