

APPRENTICE NATION

Supported by 

STEPPING OUT OF YOUR COMFORT ZONE

– TAKEAWAY – TOP TIPS

- 1** Don't be afraid to take the first step - (What's the worst that could happen?)
- 2** Say yes more often
- 3** Confidence is key
- 4** Switch up your usual routine
- 5** Find a (new) mentor
- 6** And remember, change happens out side of your comfort zone

ADDITIONAL RESOURCES

**10 Ways to Step Out of Your
Comfort Zone and Overcome Your Fear**

**Challenge Yourself Out of Your Comfort Zone
– Gary Vaynerchuk**

REFERENCES - LINKS

<https://www.lifehack.org/articles/communication/10-ways-step-out-your-comfort-zone-and-enjoy-taking-risks.html>

<https://www.youtube.com/watch?v=YVJ2pQSy47E&t=85s>