

Expand Comfort Zone

**Make Everything Comfortable
and Natural**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are doing new and interesting things and feeling incredibly confident, comfortable and natural. Visualize doing things that you fear now, but with extreme confidence.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more comfortable in more diverse situations. Write down any comments people make about your behavior.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I always move beyond my comfort zone

Doing new things is natural to me

Now is the perfect time

I always talk to strangers

I always try out new things

I love experiencing the unexperienced

I enjoy first time experiences

I love doing things on my own

I love doing things I'm scared of

I love doing uncomfortable things

My goal is trying

Trying means succeeding

It's never too late

I only live in this body once

This is my life

I own my life

I do the things I want to do

I have supreme confidence

I'm fearless

I'm shameless

I'm relaxed

I'm curious

I'm ready

I'm safe

Everything will work out

Everything is too easy for me

It's always easier than it seems

The universe got my back

The universe gives me all I want and need

People will love me

People will support me

People will understand me

People will see the good in me

People will see my potential

I have a place in this world

I fit in

I love myself

I am proud of myself

I am proud of my life

I'm exactly where I need to be

I'm taking the next step now

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