



“To get **maximum value** from this video, **print this handout** so you will be prepared to **take notes** on each point I reveal during the lesson”

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DAY 4 – EXPAND YOUR COMFORT ZONE



As entrepreneurs most of us stay within the _____ of our comfort zone. We think the same _____. We _____ daily in the same ways

The problem with this is that once we stop reaching, stretching, seeking and risking, we actually stop _____.

The comfort zone frame of mind is _____ for what we are today.

That may be fine today, but without _____ we are now all we are ever going to be

Many people are...

_____ **AT 30** _____ **AT 70**

**Winners realise that one of the great secrets
of success is to be able to expand your
comfort zone**

They are _____ to do what it takes to
get comfortable becoming _____.

They are willing to do the things that the
average person is _____ to do.

What starts to happen is we set _____
goals and we say, "I want to take my business
to a whole new level. I want extraordinary
success."

But at the same time we then initiate a
_____.

The greatest habit we have to break is being
our old _____ self.

Neuroscience says that by the time we reach _____ we're a finite set of solidified circuits.

We then live our lives from automatic circuits or a limited _____ - _____ but

**How much room do we leave
for the _____?**

*The truth is we stop having lots of
new _____*

So the question I want to put to you is...

TO WHAT _____ CAN YOU LEAVE THE
COMFORT ZONE AND EMBRACE _____.

The process of transformation and change can
be _____.

But being _____ and being OK with
that is the secret to success.

So much of the _____ in life comes from the fact that we don't feel like we're in control.

We're running around trying to control all the events of our lives. No matter how skillful we are, every single one of us is going to experience _____ in our lives that we cannot control.

This is why most people stay in the comfort zone...it's their attempt to try to stay in control and avoid the _____ and _____.

But this seriously limits the _____ of your life.

You have to put yourself _____ there in _____ where you don't know what to do, to see what you're really capable of and to grow.

This is where you will discover more of what your true _____ is. This is where our _____ is shaped.

Sometimes not getting your _____ within
the date and timeline you set is
part of the _____.

It simply means you have to _____
_____ and become _____.

**So instead of feeling angry or frustrated, or
resentful and disillusioned and blaming
others...you need to look at the much
_____, go _____ and
demand more of yourself.**

The traits and characteristics in you only
respond when _____. Perhaps the
Universe is not interested so much in our
_____ as in our _____.

So how do you live in a world where it's
always _____. You set goals and still
things don't always turn out right.

How do you survive in a world where suddenly your team can fall apart, you can find yourself in serious debt, your husband or wife could up and leave you, a disease could hit or someone close to you could die.

How can you deal with all of that?

By absolutely knowing that the one thing you cannot control is _____.

We can't change the _____.

We cannot change the fact that people will act in a certain way.

But the one thing you can control is how you _____ to events, how you handle things.

This is one of the great secrets to success in life. You get to control the _____ you ascribe to events.

Yet we need to remember that the comfort zone is the most _____ place to be. If we're not moving forward, we're not growing.

And in this world,
If you are not growing....you are _____.

**This is simply a natural
_____ IN OUR UNIVERSE.**

Helen Keller, the deaf and blind child who grew to become a famous and inspirational writer and lecturer, once said,
"Life is a _____ or nothing."

Winning the game of life requires daring, commitment, passion, and an unquenchable spirit. While every human being has these traits inside, few put them to use, and few have the tools to do so.

So you can either step forward in _____
or backwards in _____.

So your **Action Step** for today is to
_____ yourself to become _____.

Do something that's a stretch to build your
character.



