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Stepping Outside of our Comfort Zones

It's often said that great things don't come from comfort zones. How true!

Psychologists and others have written numerous textbooks and novels about embarking on new life paths and how leaving our comfort zones can spark new levels of creativity. As if it were that easy.

However, stepping outside our comfort zones can often be the catalyst for a burst of growth and achievement. With discomfort, we are pushed to think differently, to innovate, and perhaps to challenge ourselves. Great things don't come from staying in the familiar and the safe; they emerge when we are willing to take risks and to embrace change.

Whether it's pursuing a new career path, starting a business, or embarking on a personal journey of self-discovery, the most fulfilling and even transformative experiences often lie just outside our comfort zones. As anyone who has ventured into the unknown can tell you, this isn't a piece of cake, but by embracing this mindset, any one of us can open doors to new opportunities and more expansive thinking.

After practicing as a field clinician (physical therapist) for over 30 years, I decided to take a leap into the adjacent field of medical writing. This combined my love of writing with my lifelong immersion in the field of medicine. The path has definitely not been linear and has thrown me plenty of curveballs, but I sigh, roll my eyes, and then embrace them. I struggle through them, and learn more along the way. I tell myself that this is what I've chosen, so my mindset is just to persevere and make it work. After all, if it were easy, everyone would do it.

To those contemplating the step to something new, I say good luck! Square your shoulders, do your research, and forge ahead.