



# ROAD LESS WALKED

**DISCOVER HOW TO GET OUT OF YOUR  
COMFORT ZONE TO FINALLY ACCOMPLISH  
YOUR GOALS AND REACH NEW HEIGHTS**

We all have our comfort zones. They're necessary for us to function at an optimal level without getting bombarded by anxiety or stress. However, when all you want to do is just stay in your comfort zone, that is, you start avoiding doing things that fall outside your comfort levels, and then you need help.

You're not going to get anywhere near your dreams and your goals in life if you keep on hiding in your comfort zone. This is why we've made this resource cheat sheet. We want to help you get a good headstart on getting the support you need and finally get the courage to step outside your comfort zone.

## Courses

### **Overcoming Fear & Reaching Your Dreams**

<https://www.udemy.com/overcomefear>

In this top-rated Udemy course, Christopher Greenwood will teach you how you can overcome your fear of failure, rejection, and criticism. You'll learn how you can stop sabotaging your dreams and how you can face your fears head-on. If you fear leaving your comfort zone, then you need to check this course out. You'll finally get the courage to punch fear in the face!

### **How To Do More, Faster - Set And Reach Any Goal You Wish**

<https://www.udemy.com/set-and-reach-any-goal>

You may be getting ready to leave your comfort zone behind, but do you have the right goals in mind? You don't want to waste your time chasing after the wrong goals! In this course, Martin Gamsby will show you how you can save a ton of time following the right goal-setting techniques to help you reach your goals quickly! Also, you'll learn how you can track and monitor your goals to make sure you're on the right track.

### **How To Achieve Massive Success In Business And Life - 7**

**Ways** <https://www.udemy.com/7-habits-of-high-achievers>

Dave Espino has more than 50+ courses on Udemy, and this is one of his top-rated ones. In this course, Dave will walk you through his proven, 7-step formula that can help you accomplish your goals faster. He's even giving everyone a clue to what it takes to be successful: our attitude and

our actions. The course is only an hour long, but he throws in a highly valuable eBook and an hour-long audio file as bonuses.

## Books

**The Science of Breaking Out of Your Comfort Zone: How to Live Fearlessly, Seize Opportunity, and Make Each Day Memorable** <https://www.amazon.com/Science-Breaking-Your-Comfort-Zone-ebook/dp/B078K6R2V5>

Peter Hollins has written this book specifically for people who want to know how to break free from their comfort zones. People who want to know what really matters and how they can achieve their goals efficiently. If this sounds like you, then feel free to grab this book. You'll learn a lot of science-backed techniques to help you overcome whatever it may be that's stopping you from taking the leap.

**Reach: A New Strategy to Help You Step Outside Your Comfort Zone, Rise to the Challenge, and Build Confidence** <https://www.amazon.com/Reach-Strategy-Outside-Challenge-Confidence-ebook/dp/B01JHQPT4Y>

In this book, Brandeis University professor Andy Molinsky will show you the right way to step outside your comfort zone easily. You'll be able to conquer your negative and self-limiting thoughts and learn how to start thinking positively. He also shares stories of how other people were able to overcome their fear and how they finally found the courage to do the unfamiliar.

**Limitless: Destroy Your Fears, Escape Your Comfort Zone, and Conquer Any Goal - Create The Life You Want** <https://www.amazon.com/Limitless-Destroy-Escape-Comfort-Conquer-ebook/dp/B0781N85XL>

Like the book's title suggests, Patrick King will show you how you can create the life you want to live. If you're tired of being limited by your fears and your comfort zone and you just want to accomplish your goals, then this book is for you. Limitless will help you uncover your true potential. You can finally put a stop to your self-doubt and all the other mental barriers that are preventing you from succeeding in life!

# Websites and Blogs

## **Lifehack**

<https://www.lifehack.org>

Lifehack is one of the top self-development blogs on the Internet. They have tons of articles on positivity and life inspiration. You can browse through their different categories. However, to help you focus on gathering the courage to step out of your comfort zone, you should on their Mental Strength section. You'll find a lot of really valuable posts on psychology, motivation, happiness, and success.

## **Zen Habits**

<https://zenhabits.net>

There's a reason why Zen Habits has two million readers - the site is an absolute treasure trove! Its minimalist design is refreshingly zen. There are no distractions, so you can easily find the content you're looking for. Check out the site's about page to know more about the site's founder, Leo Babauta. You'll learn the importance of clearing the 'clutter' so you can focus on what really matters - your happiness.

## **Marc and Angel Hack Life**

<http://www.marcandangel.com>

Real life couple Marc and Angel Chernoff's awesome site is another well-known blog in the self-development space. They write about love, peace, happiness, and success. They even wrote a New York Times bestseller! It's called 'Getting Back To Happy.' If you don't want to buy the book, you can head on over to their blog. They've got over a thousand articles on the site which attracts millions of readers.

# Podcasts

## Optimal Living Daily

<http://oldpodcast.com/category/optimalivingdaily>

There are plenty of self-development sites on the Internet. You won't have time to read through everything, but fortunately, the OLD podcast exists. Whether you're on your way to work or you're busy working out at the gym (can't read in either place, right?), you can listen to host Justin Malik read the best and most popular articles that will help you optimize your life. You not only get to have someone else read awesome articles to you, but you also discover amazing bloggers in the self-help space.

## Mindset Zone

<https://anamelikian.com/mindsetzone>

With over 400,000 downloads to date, the Mindset Zone is an excellent podcast you should be listening to. Host Ana Melikian will show you the difference between having a fixed mindset and a growth mindset. If you want to step outside your comfort zone, guess which mindset you need to have? Yep, that's right, you need a growth mindset, so you can push your boundaries and eventually accomplish your goals.