

Tekworld's® Guide to

*Achieving
Your
Dreams*

Table of Contents

Introduction

Chapter 1 – Are You Living In Your Comfort Zone?

- Living in a comfortable bubble
- Comfort zones do change
- When comfort becomes a problem

Chapter 2 – Step out of Your Comfort Zone – Don't Let It Kill Your Dreams

- Breathe new life into your dreams
- Your true potential
- Learn new things

Chapter 3 – Key to Success – Setting the SMART Goals

- The smart thing to do
- Setting SMART goals

Chapter 4 – Planning Your Course Of Action

- A sense of direction
- It's all about the details

Chapter 5 – Overcoming Your Fears

- Understand your fear
- Keep yourself occupied
- Stop scaring yourself

Chapter 6 – Substitute Negativity with Positive Thinking

- Focus on what really matters
- There's no limit to what you can do

- Look forward to your failures
- Be excited about the future

Chapter 7 – Working On Your Self-Discipline

- Learning to say ‘no’
- Good habits are important
- You need accountability
- Rewarding self-discipline

Chapter 8 – Stay Motivated Even In a Slump

- Extrinsic motivation
- Intrinsic motivation
- Make motivation a habit
- Turn obstacles into opportunities

Chapter 9 – Widening Your Comfort Zone

- The unfamiliar becomes familiar
- Fight the good fight
- Continue challenging yourself

Chapter 10 – Let’s take The Leap

- Believe in yourself
- Integrity is necessary
- Bend but don’t break

Conclusion

Introduction

We all have big dreams in life. It's our dreams that sustain us as we slowly trudge through our day to day lives. We look towards the future, so we don't feel so bad about our present.

We see our lives as having this upward trajectory. We're not going to stay at the bottom forever. Who wants that anyway?

But we all know what the truth is. The vast majority of people are going to remain at the bottom. Far removed from what they've envisioned their life to be.

For most of us, success is nothing but a word. It means nothing. But how did this happen? Aren't we all supposed to *want* to achieve our dreams?

The truth is, we all want to succeed, but not everyone is willing to take action. Success is earned, not given. It's not going to be handed to you on a silver platter. You don't get to sit back, do nothing, and get rewarded with your dreams. No, it doesn't work like that.

If you want to be successful, you're going to work hard for it. And by hard, I mean really hard. You'll toil for your dreams for years. It won't be a walk in the park.

You'll take risks and challenges. You'll face failure head-on, not once, not twice, but plenty of times.

Dreaming is not for cowards. It's not for those who can't even find the courage to leave their comfort zones behind. It's not for people who aren't brave enough to take that first step out the door. It's not for people who don't know the meaning of the word 'sacrifice.'

But, you're not one of them. You're reading this guide because you want to change your life for the better. You're tired of living a mediocre life, and you're finally taking action towards your goals.

Let this guide help you get to where you want to go. I guarantee that by the time you finish reading, you'll be ready to finally step out of your comfort zone.

Chapter 1 – Are You Living In Your Comfort Zone?

“A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown.”

- Denis Waitley

We all like getting comfortable. We like living and doing things in comfort. In this day and age of instant gratification, we can easily get the things we want.

For instance, with just a push of a button on a mobile app or a click on your computer mouse, you can have your food and groceries delivered to you. There's no need to stand in line all hot and sweaty.

Thanks to the Internet, you can get practically anything you like delivered straight to your doorstep.

Living in a comfortable bubble

When we get too comfortable, we tend to live in our own little bubbles. At first, we may feel happy, satisfied, and safe in our little safe zone. We're able to do things that don't stress us out or make us anxious.

Eventually, however, we become bored and uninspired. We become unhappy. Our dreams get relegated to the back burner.

But many people still don't want to rock the boat even though they're unhappy. Does this sound like you?

You want to leave things the way they are. You've gotten too used to comfort that the mere thought of leaving it to go do something uncomfortable leaves you in a cold sweat.

What does it mean for you?

It means you've changed. And it's not for the better, either. Where your dreams once consumed you, you've now turned into a scared little mouse. Always afraid your small block of cheese is going to get stolen right from under your nose.

Comfort zones do change

You want to go out and chase your dreams, but you're afraid that if you do leave your comfort zone, you won't be able to find your way back. You think it's going to disappear.

But it's not true. You know why? Because our comfort zones don't remain constant forever. As we grow older and have more life experiences, our comfort zones grow with us too.

Think of it this way:

What you have inside your comfort zone now used to be outside of it at one point.

Look at your home. For most of us, our homes are at the center of our comfort zones. It's where we go home to sleep, eat, relax, have fun with the family, all that good stuff.

But, have you always lived in that same home? Did you always have the same people living in your home?

I'm willing to bet your answer is going to be a big 'no.'

So, before you moved into your present home, you were living somewhere else. And that somewhere else was also part of your comfort zone.

When you decided to move from your old home to the new one, you probably felt scared. Excited, too, but mostly scared. You were leaving your old comfort zone behind.

However, after a few days, weeks, or months of living at your new home, you suddenly realized it's become your new comfort zone. You no longer felt scared.

Your new home is no longer the 'unknown.' You've finally settled in. You're finally comfortable.

See, that wasn't so bad, was it?

There's nothing wrong with being comfortable. After all, everyone seeks it no matter what their status in life is.

When comfort becomes a problem

When comfort suddenly interferes with your dreams and your goals in life, it becomes a problem. When you get to the point where you let your comfort take precedence over your dreams, then it's a problem.

Your comfort zone has become a problem. Now the thing is, problems aren't meant to fester. They're meant to be solved and remedied.

So, when your comfort zone stands between you and your dreams, you need to make the right choice if you want to succeed.