

15 quotes for stepping out of your comfort zone

Allow these words to feed your inner courage in hopes that they will move you from the heart to the feet. Too often we remain shackled by fear, keeping us familiar in the dark. However, there is so much freedom in stepping out of the safe space and into the unknown. Consider a change of perspective from apprehension to the adventure of embarking into the great perhaps for the sake of greatness. Inaction will only perpetuate the “what ifs,” but what if you were able to make someone smile a little brighter, to make a movement of change a little bigger, to make someone’s burden a little lighter? You are capable. Let these words inspire greater movement full of purpose and perseverance today. Do hard things for the sake of doing great things.



“Do one thing every day that scares you.” –Eleanor Roosevelt

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.” –Dale Carnegie

“The shell must break before the bird can fly.” –Alfred Tennyson

“Be fearful of mediocrity.” –Jonathan Ellery

“The only source of knowledge is experience.” –Albert Einstein

“Great faith is the product of great fights. Great testimonies are the outcome of great tests. Great triumphs can only come out of great trials.” –Alex and Brett Harris

“A year from now you will wish you had started today.” –Karen Lamb

“It is hard work to control the workings of inclination and turn the bent of nature; but that it may be done, I know from experience.” –Jane Eyre

“Hardships often prepare ordinary people for an extraordinary destiny.” –C.S. Lewis

“What is to give light must endure burning.” –Viktor Frankl

“I’m always doing things I can’t do. That’s how I get to do them.” –Pablo Picasso

“If I cannot do great things, I can do small things in a great way.” –Martin Luther King Jr.

“Dark times always reveal good people.” –Erich Maria Remarque

“Out there things can happen, and frequently do, To people as brainy and footsy as you. And when things start to happen, don’t worry, don’t stew. Just go right along, you’ll start happening too!” –Dr. Seuss

“Far and away the best prize that life offers is the chance to work hard at work worth doing.”
–Theodore Roosevelt