

EP 13 Show Notes - Stepping out of your Comfort Zone with Farrah Khimji

The only way we will be able to grow and reach our true potential is by constantly challenging ourselves and stepping out of our comfort zones. When we step out of our comfort zones, we let go of the norm and make way for new and exciting experiences and opportunities to come to us.

To co-host the show with me today, I have my good friend Farrah Khimji here to talk about the challenges people face when trying to step out of their comfort zones. We also discuss the benefits we can derive when we push ourselves past our limits, and what we aren't sure how to step out of our comfort zone. Farrah has had to step out of her comfort zone in multiple occasions, so I'm happy to have her on to talk about this.

Thanks for listening 😊

Some questions for Farrah

Emeka: Why do you think it's important to step out of your comfort zone? FU question- what are some benefits to stepping out of your comfort zone?

Farrah: That's where the exciting happens in life, you are able to grow, learn and be challenged. Being in your comfort zone, it's nice and cushy, but not the medium for growth. "Life begins at the end of your comfort zone" - Neal Donald Walsh, Author of Conversations with God. You remain stagnant when you stay in your comfort zone. If you step out of your comfort zone you can discover passions you didn't realize where there. You can surprise yourself at your own abilities to do more.

Emeka: Can you share any recent experience where you chose to step out of your comfort zone? FU question- What did you realize?

Farrah: I used to have a fear of public speaking, but with practice, I got better and it opened up a new audience of people in the commercial real estate space, which has helped my career. I also changed industries, from working as a VP for a private equity firm, and now back in public practice where the onus is on me to bring in new business for the firm, and through public speaking at events and networking, I have been able to step outside of my comfort zone and push past my limits.

Emeka: Why do you think people are so afraid to step out of their comfort zone? FU question- How can someone overcome their fears so they can step out of their comfort zone? FU question- How do you overcome your fears?

Farrah: There's a sense of fear and being vulnerable which could cause people to not step out of their comfort zone, because we as human being tend to assume the worst case scenario. People are generally afraid of the unknown. However if you make two lists, showing the positives and the negatives (fears), and focus on the positives, you'll realize that the other list is Ego driven and really doesn't matter. To attempt to step out of your comfort zone it's a good idea to start small and build from there, change your regular routine, try something new, and say yes more. If we were to live in our comfort zone, that could be a boring life. We learn from our failures more than we learn from our successes. I have to go back to public speaking because I believe that's a common one. I overcome my fears with a lot of self-talk, I say a lot of positive affirmations to myself, I try to get enough rest and sleep, and I practice a lot. I also imagine the best outcome, and not the worst, I use a lot of positive visualizations.

Emeka: If you could go back to your 20 yr old self, what would you tell the younger Farrah?

Farrah: Just go do it, don't hold back. Don't be concerned with what people will say or think. As we get older we develop fears, and lose our ability to dream big. I would tell my younger self to dream big, be resourceful, partner with people, and don't stop dreaming. Both my parents are still pushing themselves and learning even after retirement, so why would I stop learning now? The idea is to never stop learning, it keep you young and keeps life exciting.

Emeka: If you could have lunch with anyone in the world, who would it be and why?

Farrah: Michelle and Barack Obama, because against all odds they were able to do a lot for the country with such grace, poise and dignity. I would want to know how they were able to do it when a lot of people were against them. I also think they would be cool people to talk to.

Emeka: How can the audience learn more about Farrah Khimji? Can you share your social media handle?

Farrah: My Twitter & Instagram handle is **Farrah_K26** and on LinkedIn, it's **Farrah Khimji**