



GO ON VACATION FROM YOUR

Comfort Zone

A PRACTICAL WORKBOOK TO TRANSFORM
YOUR COMFORT ZONE IN 8 STEPS

Would you demolish your *house* just to *step outside*?



Probably not.

The same goes for *comfort zones*.

We're constantly being told that we need to get out of our **comfort zones** by *breaking* them. But is that *really* the only way?

Let's flip the script.

While we all love to stay home, what's the one thing that *everybody* loves even more?
Vacations!



Instead of painstakingly demolishing your comfort zone, this workbook will guide you through the enjoyable process of ***vacationing your way through personal growth*** in **8 simple steps**.



We create our comfort zones through *familiar activities* and *routines*, so we can also transform them with **new adventures** and **discoveries**.

STEP 1 HALF-DAY TRIP

Be realistic with your very first outing. Having been cooped up for so long, it's impossible to jump straight into an epic world tour. Begin with a short trip not too far from your comfort zone. The goal is to **start gently**.

Ideas

In the circle write the things that are **familiar**, this is your comfort zone. Outside the circle list the things that are **unfamiliar but interesting** to you. It can be a place to visit, an experience, a book to read, a cuisine to eat, a skill to learn or hobby to try.



Plan

Pick one thing from outside your comfort zone to try. Research it and make preparations.

What do you plan to do?	
Where is it?	
How will you get there?	
How much will it cost?	
Do you need to prepare anything?	
Will you go alone or with someone?	

Reflect

Book a time to do the thing you researched. Was the experience what you expected? Did you make any new discoveries? Did you bring home any souvenirs or stories?

STEP 2 DAY TRIP

Time to venture slightly further afield. A new environment can improve creativity and problem-solving as the new sights, sounds and smells **stimulate different neural circuits in the brain**. A change of scenery can make a huge difference.

Ideas

List all the places that you **usually** go and things you usually do. List the places you **rarely** go and things that you rarely do but would **like** to do **more often**.



USUALLY GO & DO

RARELY GO & DO BUT WANT TO GO & DO MORE OFTEN

Plan

Pick one thing from your “rarely” list to do. Research it and make preparations.

What do you plan to do?	
Where is it?	
How will you get there?	
How much will it cost?	
Do you need to prepare anything?	
Will you go alone or with someone?	

Reflect

Book a time to do the thing you researched. Was the experience what you expected? Did you make any new discoveries? Did you bring home any souvenirs or stories?

STEP 3 WEEKEND TRIP

You don't need to venture far, this one is about **immersing** yourself in something and being fully **present in the moment**. It could be something as simple (and *difficult*) as a digital detox or cooking classes.

Ideas

Think about the **new things** you could **immerse** yourself in at home and the **new experiences** you could try over a weekend trip **somewhere new**.



AT HOME

SOMEWHERE NEW

Plan

Pick one thing to try. Research it and make preparations.

What do you plan to do?	
Where is it?	
How will you get there?	
How much will it cost?	
Do you need to prepare anything?	
Will you go alone or with someone?	

Reflect

Book a time to do the thing you researched. Was the experience what you expected? Did you make any new discoveries? Did you bring home any souvenirs or stories?

STEP 4 CULTURAL TRIP

Time for something different. Of the 3,000+ distinct cultures in the world, how many have you experienced? **Learning about different cultures** broadens your perspective, improves communication skills & **leads to greater personal growth.**

Ideas

List the **familiar** sights, sounds and tastes that you experience every day. Think about the different sights, sounds and tastes of **culturally different experiences** that you could try.

FAMILIAR

CULTURALLY DIFFERENT



Plan

Pick a culturally different experience to try. Research it and make preparations.

What do you plan to do?	
Where is it?	
How will you get there?	
How much will it cost?	
Do you need to prepare anything?	
Will you go alone or with someone?	

Reflect

Book a time to do the thing you researched. Was the experience what you expected? Did you make any new discoveries? Did you bring home any souvenirs or stories?

STEP 5 ADVENTURE TRIP

Adventure means different things to different people, ranging from extreme sports to starting a new career to learning a new skill and even trying a new food. **Start from where you are now** and map out **your own ideas of adventure**.

Ideas

An adventure is an **out-of-the-ordinary experience** with a dash of **unpredictability**, which makes it **exciting**. List the things that are adventurous from your current point of view.

MY IDEA OF ADVENTURE



Plan

Pick one thing to try. Research it and make preparations.

What do you plan to do?	
Where is it?	
How will you get there?	
How much will it cost?	
Do you need to prepare anything?	
Will you go alone or with someone?	

Reflect

Book a time to do the thing you researched. Was the experience what you expected? Did you make any new discoveries? Did you bring home any souvenirs or stories?

STEP 6 RELAXATION TRIP

Let's take a breather. Many of us feel guilty about resting, like it's a luxury instead of a necessity. Relaxation is a state of being **free from tension & anxiety**. It can take many forms such as meditation, hobbies, massages, exercise or self-care.

Ideas

Think about your available time, space & resources. Your trip can be **anywhere** for any length of time, it could be a walk in the park or a trip to a spa or relaxing with a good book.



AT HOME

SOMEWHERE ELSE

Plan

Pick one thing to try. Research it and make preparations.

What do you plan to do?	
Where is it?	
How will you get there?	
How much will it cost?	
Do you need to prepare anything?	
Will you go alone or with someone?	

Reflect

Book a time to do the thing you researched. Was the experience what you expected? Did you make any new discoveries? Did you bring home any souvenirs or stories?

STEP 7 ROAD TRIP

Venture off the beaten path with two wheels, four wheels or a good-old-fashioned pair of feet. Your road trip could span half the world or half a block. The **true value of travel** is not the places you see but the **changed perspective you gain**.

Ideas

List the **interesting places**, **experiences** and **journeys** that you could take. Think about the unique details of each and why they appeal to you.

INTERESTING
PLACES

INTERESTING
EXPERIENCES

INTERESTING
JOURNEYS



Plan

Pick 2 things to try. Research them and make preparations.

What do you plan to do?	
Where do you plan to go?	
How will you get these places?	
How much will it cost?	
Do you need to prepare anything?	
Will you go alone or with someone?	

Reflect

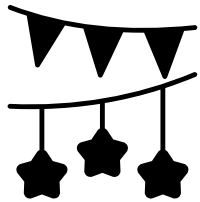
Book a time to do the things you researched. Was the experience what you expected? Did you make any new discoveries? Did you bring home any souvenirs or stories?

STEP 8 REVAMP THE ZONE

Now you have interesting vacations under your belt and your comfort zone is filled with new stories and souvenirs. Reflect on your vacations and how they have impacted you, then **remodel your comfort zone to better reflect the new you**.

Reflect Compare yourself now to what you were like before you started vacationing. What **skills, habits or mindsets changed**? How do you **feel about trying new things**?

YOU BEFORE VACATIONS



YOU AFTER VACATIONS



Change Think about the mindsets inside your old comfort zone that should be updated or replaced.

Mindset	Keep, Update or Replace? Why?
"I'm not ready for new things."	
"I haven't got time to relax."	
"What's the point in trying?"	
"I'm not the adventurous type."	
"I'm too old for all that stuff."	

Future What new attitudes and mindsets are you enjoying since you started vacationing?
In what other ways might your comfort zone change in the future?



Congratulations on your new comfort zone!



If you're looking for more personal growth,
you might be interested in our

2026 Weekly Planner & Guided Journal



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Our Promise

We promise to support your year of evolution with a dependable weekly framework that blends simplicity, structure, and inspiration.

Our Story

Compass Journals was born from my own transformation. After a decade of busy auto-piloting through my comfort zone, I finally plucked up the courage to grow out of it.

Along the way, I tried countless tools, methods and hacks, learning what worked and uncovering what didn't. I kept losing track with all the different advice available. I struggled to find something structured and sustainable that could fit my life. So I created it myself.

Compass Journals is designed to help busy people build momentum and confidence in their own personal development without burning out.

Our Journey

We are a new UK brand just starting out. If you enjoyed this workbook, feel free to accompany us on our journey to bring sustainable personal development to busy lives. Reach out to us on social media:



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