Comfort Zone

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This I believe in venturing out past your comfort zone. A comfort zone is described as “*a place or situation where one feels safe or at ease without stress”.* Oftentimes we create our own comfort zones based on our fears, doubts, and anxieties. They are used to maintain confidence, habit, and to reduce risks of certain things happening from previous personal experience. But with the creation of a comfort zone, we often hinder ourselves from making progress because we're content with being in the position we’re already in due to the safety and stability it provides. I’ve struggled with leaving my comfort zone for a long time, and as I continue to grow in life it still is a difficult task. Changing your daily routine, introducing yourself to new people, exploring new and uncharted environments can all seem really difficult when you are so accustomed to staying confined within your own safe space. For years I have struggled to break away from my comfort zone, being hesitant to step out and experience new things

In my art, I have often struggled to break away from my normal medium or to experiment with new types/ styles of art as well. I’ve always created “comfort” art, as I like to describe it. Different enough for someone to look and see something new, but not something that really made me challenge myself. Although this doesn’t necessarily mean that I don’t like the art I’ve produced, I look now and see how much further I could’ve gone outside of my normal to create something more meaningful. As I continue to progress as a person and as an artist, I hope to be able to break out of my comfort zone to explore new horizons and see what I can create. So, I believe in leaving your comfort zone