

5 ways to break out of your bubble

1 Do something outside your comfort zone

Your wife has taken yoga for years, so why not give it a try? Even if you can't touch your toes, you might find a world of benefit.

2 Volunteer

Giving of your time and resources teaches one a lot about themselves and it's an opportunity to meet other volunteers and help a unique organization.

3 Take a class

Whether you take pottery making or advance biochemistry, learning never grows old and always takes you in new directions.

4 Travel outside your home country

Or just outside your neighborhood. There is no substitute for understanding a people, than experiencing their culture.

5 Spend time with a different age group

Read to 10 year olds at a school. Take a class at a university. Go to a conference with Millennials. You'll find they all see things differently.

