



Play Outside Your Comfort Zone



Key Takeaways

Point 1: We're born with _____ fears

Point 2: _____ vs _____

Point 3: Get out of your _____ zone!

We are born with fears

According to the *Harvard Mental Health Letter* of December 2004, newborns are born with only two natural fears. _____ and _____. The absolutely amazing piece of information is that fear is _____. Therefore, it can be _____.

Here's an established acronym for **fear**:

F: _____

E: _____

A: _____

R: _____

What if we conditioned ourselves so that *instead* **fear** stands for:

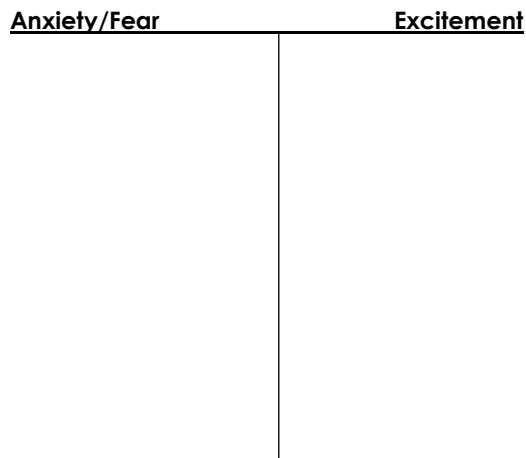
F: _____

E: _____

A: _____

R: _____

Fear versus Excitement – What do they look like?



We are in charge of giving either perspective power. If you get to choose, which will you choose? Keep in mind that the **RAS** will find the evidence to support either these choices.

How much of what we have been calling fear is actually excitement in disguise?

Getting out of your comfort zone

The number one reason for staying inside your comfort zone is _____.

Ask yourself right now: Do I fear the unknown? Why or why not? (write your answer below)

Here are a few ideas to get you started in taking yourself outside your comfort zone.

- Try taking a new way home.
- Identify a small, fun adventure you have always desired to try.
- Go to a new restaurant, or try a new kind of food you've never had before

What ideas can you come up with?

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Practice

Take a minute to think about your greatest achievement or pivotal moment in your life. What type of risk did it involve?



Questions

Pick two items off your Bucket List. What is your plan of action for making them a reality? Commit to a completion date for each item!

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How will you hold yourself accountable to trying something out of your comfort zone every day?



Find your Rockstar team



Key Takeaways

Point 1: What prevents you from _____?

Point 2: Giving and _____ help

Point 3: Key players on your _____

Point 4: Not everyone on your team will be a _____

Did you know? Asking for help is completely the opposite of _____.

What is preventing you from asking for help? **(Write your answer below)**

Who is on your rockstar team?

Key Team members are:

1. .
2. .
3. .
4. .
5. .

Not everyone on your team is a team player.

Here are some types of people to watch out for who may be hiding on your support team. Fill in the four types of detractors that exist, then using the list below, fill in

<u>The person and a description</u>	<u>Strategy for dealing with them</u>
Negative Nelly	
The Dream Stealer	
The Energy Drainer	
The Toxic Person	



Questions

Are there any people on your team that are not being a positive influence on you? What boundaries do you need to set in place from derailing you and your magic?

Evaluate your current rockstar team. Who are you missing and how will you bring those people into your life?



Embrace Gratitude

Key Takeaways

Point 1: Find Gratitude in everyday life, even difficult experiences

Point 2: Emotions have _____

Point 3: Make a habit of _____

Point 4: Finding _____ within your struggles

You can master the art of gratitude in the form of a thank you.

Many authors have spoken about the vibrations of emotions

The two highest vibrational emotions are _____ and _____.



Practice

Emotion vibration Exercise

Embrace Gratitude Toolbox

Write in your daily gratitude journal in the evening and/or during the day. Write at least five things that you are grateful for each day. These can be big or small things. Creating a gratitude practice requires daily attention. That is how a habit is created.

Ask Yourself: “What else is possible?” and “How much better can it get?” (Access Consciousness)

Activity – Gifts in the Struggle

My Struggle _____

The Gifts

-
-
-

My Struggle _____

The Gifts

-
-
-

My Struggle _____

The Gifts

-
-
-



Questions

What are you going to commit to around incorporating gratitude into your life?

Now, write out an action plan for how you will make the changes