

ROAD LESS WALKED

**DISCOVER HOW TO GET OUT OF YOUR
COMFORT ZONE TO FINALLY ACCOMPLISH
YOUR GOALS AND REACH NEW HEIGHTS**

Are you too comfortable?

Nothing wrong with being comfortable

Living in a comfortable bubble
Happy at first
Will get boring fast

Comfort zones change
Not going to disappear
Don't remain constant

Comfort becomes problem
Interferes with dreams and goals
Comfort over dreams

Comfort zone is killing your dreams

How long have you had your dream?
Are you getting closer to it?
What have you done to accomplish it?

Breathe new life into your dreams
Set your eyes on prize
Dreams over comfort

Your true potential
Won't know potential while trapped
Make a choice to leave comfort zone
Unlock your 'cage'

Learn new things
Can't learn in comfort zone
No opportunity inside

Setting the right goals

The smart thing to do
Prepare for your journey
Plan ahead
Reach goals faster

Set SMART goals
Specific
Measurable
Achievable
Realistic
Time-sensitive

Planning your course of action

Smart action plan

- Outline major milestones
- Roadmap to success

A sense of direction

- Choose shortest route to reach goals
- No plan results to waste of time

All about the details

- Break down milestones

 - 1-year goals

 - Daily goals

 - Weekly goals

 - Monthly goals

 - Quarterly goals

 - 2-year goals

 - 5-year goals

Facing your fears

You make them scary

- All in your mind

Understand your fear

- Most fear are acquired

- Look beyond fear

- Trace when you first felt afraid

- Rationalize fear

Keep yourself occupied

- When busy, don't dwell on fears

- More important things to do

- Do whatever frightens you

 - Take baby steps

 - Every step, your courage grows

Stop scaring yourself

- Fear begets fear

- Irrational vs rational fear

Replacing negativity with positivity

Focus on what really matters

- Focus on goals
- Focus on plans
- Remember your 'why'

No limit to what you can do

- Negative thinkers are limited by thoughts
- Defeatist attitude will pull plug on dreams
- For positive thinkers, unlimited potential

Look forward to failures

- Show you how to succeed
- All successful people have failed before
- No failure, no success
- More failures, closer you are to goals

Be excited about future

- Positive thinkers are realists
- Negative thinkers are naysayers
- Predict doom and gloom

Working on your self-discipline

Have boundaries in place

Learn to say no

- Can be hard at first
- Reject temptations and distractions
- Know when something is bad

Good habits are important

- Get rid of bad habits
- Don't contribute to growth
- Some are self-destructive
- Replace bad with good habits

You need accountability

- Self-accountability
- Builds self-discipline
- Strong self-control

- Accountability to others
- Choose someone you trust

Reward self-discipline

- Choose right reward
- Keeps you motivated

Motivation when in a slump

Extrinsic motivation

- Rewards
- Punishment

Intrinsic motivation

- Self-motivation

Make motivation a habit

- Develop habit that will motivate you

Turn obstacles into opportunities

- Take time out
- Will help you think clearly

Expanding your comfort zone

Unfamiliar becomes familiar

- Take a step forward
- More steps, more confidence

Fight the good fight

- Fight or flight response
- Need fighting spirit to succeed
- Sometimes flight is only option

Continue challenging yourself

- Learn new things
- Explore and experiment

Taking the leap

Believe in yourself

No one else will

Acquire new skills if necessary

Gain new knowledge for confidence

Integrity is necessary

People with integrity are trustworthy

Do what you say and promise

Be honest with yourself

Bend but don't break

Need flexibility sometimes

No other option

Will help you reach goals

Unwilling to compromise

Lose all your hard work

Abandon your dreams

Sacrifice your comfort