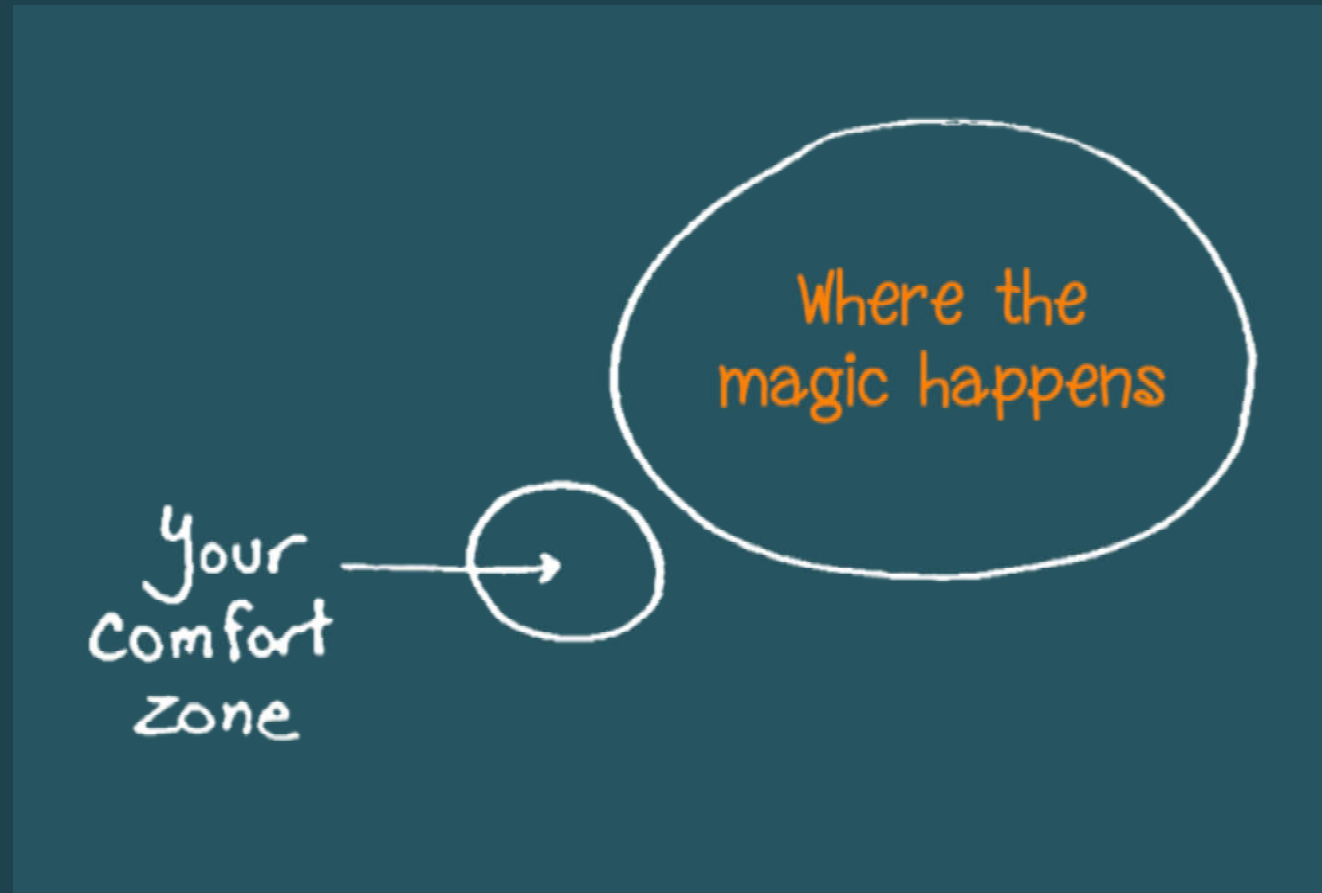


Ten Powerful Questions For Stepping Outside Your Comfort Zone



Stretching beyond your comfort zone is critical for learning and growth



BUT....

It can be stressful... and difficult...



... And there's a lot at stake!



The Goal of this Slide Deck

Help you on the path towards stepping outside your comfort zone.



Think of a Situation

- ✓ Think of a situation where you have to step outside your comfort zone at work or at home
- ✓ It should be something you want to learn to do better... but
- ✓ Something that's hard for you to do

For example, it might be....

Having a Difficult Conversation



Networking



Public Speaking



Giving Negative Feedback



Now Ask Yourself These 10 Questions

Question 1

What's my doomsday version of this situation?

In other words, what's the absolute worst that could happen?

Question 2

If I'm being honest with myself, how likely is this doomsday scenario?

Question 3

What's my dream version of how this situation unfolds?

In other words, if everything were absolutely perfect, what will that look like?

Question 4

Again, if I'm being honest with myself,
how likely is this dream scenario?

Question 5

What's the most *realistic* version of how this situation unfolds?

Question 6

If I'm being honest with myself, how likely is this realistic version?

Question 7

If I didn't experience any anxiety at all in this situation — if it were completely stress free — would it be something I'd like to try?

Question 8

And if it is stressful (at least at first) can I live with that?

Question 9

Most of us are good at rationalizing why things we fear aren't worth doing. But can I brainstorm why this particular behavior I'm thinking about *is* actually worth it?

Question 10

What's now stopping me from trying this behavior?