

STEPPING OUT OF YOUR COMFORT ZONE

TO UNLEASH THE HERO WITHIN YOU

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Passion Creativity Growth

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WHICH OF THESE WOULD CHALLENGE YOU AND WHY?

- SITTING AND WORKING NON-STOP ON THE COMPUTER FOR 10 HOURS
- TRAVELING FOR 6 WEEKS WITH A 20KG BACKPACK ON YOUR BACK
- STANDING NEXT TO A HEAVILY SWEATING PERSON IN AN UNDERGROUND METRO TRAIN
- HAVING TO GIVE A SMOOTH 15-MINUTE PUBLIC SPEECH ABOUT A TOPIC YOU KNOW WELL
- TRAVELING ON YOUR OWN IN A DEVELOPING COUNTRY AND CATCHING PARASITIC DIARRHEA THAT REQUIRES ANTIBIOTICS FROM A DOCTOR
- TAKING THE LEAD DURING A PROBLEM-SOLVING TEAM-BUILDING ACTIVITY WITH PEERS
- COOKING LASAGNA FROM SCRATCH AT HOME, FOR YOU AND SOME FRIENDS
- RUNNING A MARATHON RACE (42KM)
- HIKING FOR 5 HOURS AT 2000M.A.S.L. IN 40-50CM DEEP FRESH SNOW
- WAITING IN A RECEPTION ROOM FOR AN INTERVIEW FOR A JOB YOU REALLY WANT, TOGETHER WITH 6 OTHER CANDIDATES
- WORKING IN A WELL-PAYING JOB WITH A SUPERVISOR THAT DOES NOT TREAT HIS/HER EMPLOYEES WITH RESPECT AND DOES NOT SUPPORT THEM IN THEIR WORK
- GOING TO THE CINEMA TO SEE A MOVIE ALONE

WHICH OF THESE WOULD CHALLENGE YOU AND WHY?

- SITTING AT A CHRISTMAS DINNER WITH FAMILY MEMBERS WHOSE STRONG OPINIONS YOU DON'T AGREE WITH
- DISCOVERING DURING THE FIRST DATE THAT THE PERSON YOU ARE OUT TO DINNER WITH IS NOT AS FASCINATING AS HE/SHE APPEARED FROM THEIR PROFILE ON THE DATING APP
- SHARING AN APARTMENT FOR 3 MONTHS WITH A ROOMMATE YOU DON'T KNOW VERY WELL AND WHO DOESN'T HELP WITH HOUSE CHORES
- PARTICIPATING IN A FULL-DAY, EXPERIENTIAL, SELF-DEVELOPMENT WORKSHOP WITH 9 OTHER PERSONS YOU DON'T KNOW
- DRINKING COFFEE WITH FRIENDS AT ONE OF YOUR FAVORITE COFFEE SHOPS, WHEN YOUR EX (-GIRLFRIEND, -BOYFRIEND) ARRIVES AT THE SAME PLACE
- ATTENDING A LECTURE OR PRESENTATION THAT IS BORING AND UNINSPIRING
- HAVING TO COLLABORATE ON A PROJECT WITH A PERSON WHOSE CHARACTER YOU DON'T LIKE
- HAVING TO DEAL WITH A 50% INCOME DECREASE FOR A PERIOD OF 2 YEARS
- HAVING TO TRAVEL FOR 10 HOURS ON A PLANE WITHOUT THE OPPORTUNITY TO SMOKE
- SWIMMING IN THE MEDITERRANEAN SEA FOR AT LEAST 1 HOUR IN APRIL
- NOT BEING ABLE TO TAKE A SHOWER FOR 6 DAYS

MY HERO(INE)'S JOURNEY



THE COMFORT ZONE

SITUATION: DAILY REALITY (NOT NECESSARILY HEALTHY), NO SIGNIFICANT CHALLENGE, ACCUSTOMED

THOUGHTS: *I FEEL GOOD, THIS WORKS FOR ME, ALL GOOD, I GOT THIS!*

FEELINGS: RESTED, SECURE, SAFE, COMPETENT

ACTIONS: FUNCTION LIKE YOU ARE USED TO, GOING THROUGH THE MOTIONS, IN FLOW, MECHANISTIC

THE STRETCHING ZONE

SITUATION: CHALLENGE, ADVENTURE, PUSH OUT OF THE ORDINARY, RISK, OPPORTUNITY FOR NEW LEARNING AND PERSONAL GROWTH, OPPORTUNITY TO EXPAND THE COMFORT ZONE

THOUGHTS: *CAN I COPE WITH THIS?, BRING IT ON!!!, LET'S GIVE THIS A CHANCE, I CAN GAIN FROM THIS, HOW IS THIS IMPORTANT FOR ME?, HOW CAN I SOLVE THIS PROBLEM?, WHO CAN SUPPORT ME?*

FEELINGS: CHALLENGED, ALIVE, ALERT, ENERGIZED, AWAKEN, HEROIC, AWARE, DARING, PLAYFUL, EMPOWERED

ACTIONS: ORGANIZING TO RESPOND, CREATIVITY JUICES KICK IN, PROBLEM-SOLVING, TRIAL AND ERROR, DISCOVERY, SURVIVAL MODE, PROCESSING/REFLECTION AND SHARING ABOUT THE EXPERIENCE

THE PANIC ZONE

SITUATION: EXTREME CHALLENGE THAT WAS NOT EXPECTED (TO THAT DEGREE), CAUGHT BY SURPRISE, HURT/INJURED, THREAT TO LIFE, “FISH OUT OF WATER”

THOUGHTS: *I’M NOT READY FOR THIS, GET ME OUT OF HERE!, WTF!, NO WAY!, I CAN’T DO THIS!, HELP!!!, I GIVE UP, I CAN’T SEE THE BENEFIT OF GOING THROUGH THIS*

FEELINGS: SCARED, THREATENED, LOST, INCOMPETENT, ALONE, OVEREXPOSED, UNPREPARED

ACTIONS: FREEZE, SWEAT, CRY, SCREAM, ARGUE/FIGHT, SHUT DOWN, RUN AWAY/WITHDRAW

WHICH ZONE YOU PLACE YOURSELF IN IS RELATED TO... :

THE CONTEXT

YOUR MOOD AT THE MOMENT

GENDER STEREOTYPES

DEGREE AND VARIETY OF EXPERIENCE (PERSONAL WISDOM)

ROLES YOU PLAY

YOUR EXPECTATIONS AND BELIEFS ABOUT THE SITUATION

EXPECTATIONS AND BELIEFS ABOUT YOUR ABILITIES TO COPE

YOUR WILLINGNESS TO TRY NEW THINGS

ACCEPTING RISK/FEAR/FAILURE AS PART OF THE EXPERIENCE



REMEMBER !!!

- 1) WE **ARE** CAPABLE OF **MUCH MORE** THAN WE THINK!
- 2) OUR COMFORT ZONE **CAN GROW THROUGHOUT LIFE,**
DESPITE ANY SETBACKS
- 3) WHAT YOU SEE AS EXTREME/ADVENTURE
IS SOMEONE ELSE'S DAILY REALITY

SO...WHAT WILL **YOU** DO TO UNLEASH THE HERO/HEROINE
IN YOU?!