

# ROAD UNTAKEN

CHECKLIST



## **Are you too comfortable?**

- Nothing wrong with being comfortable
- Living in 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