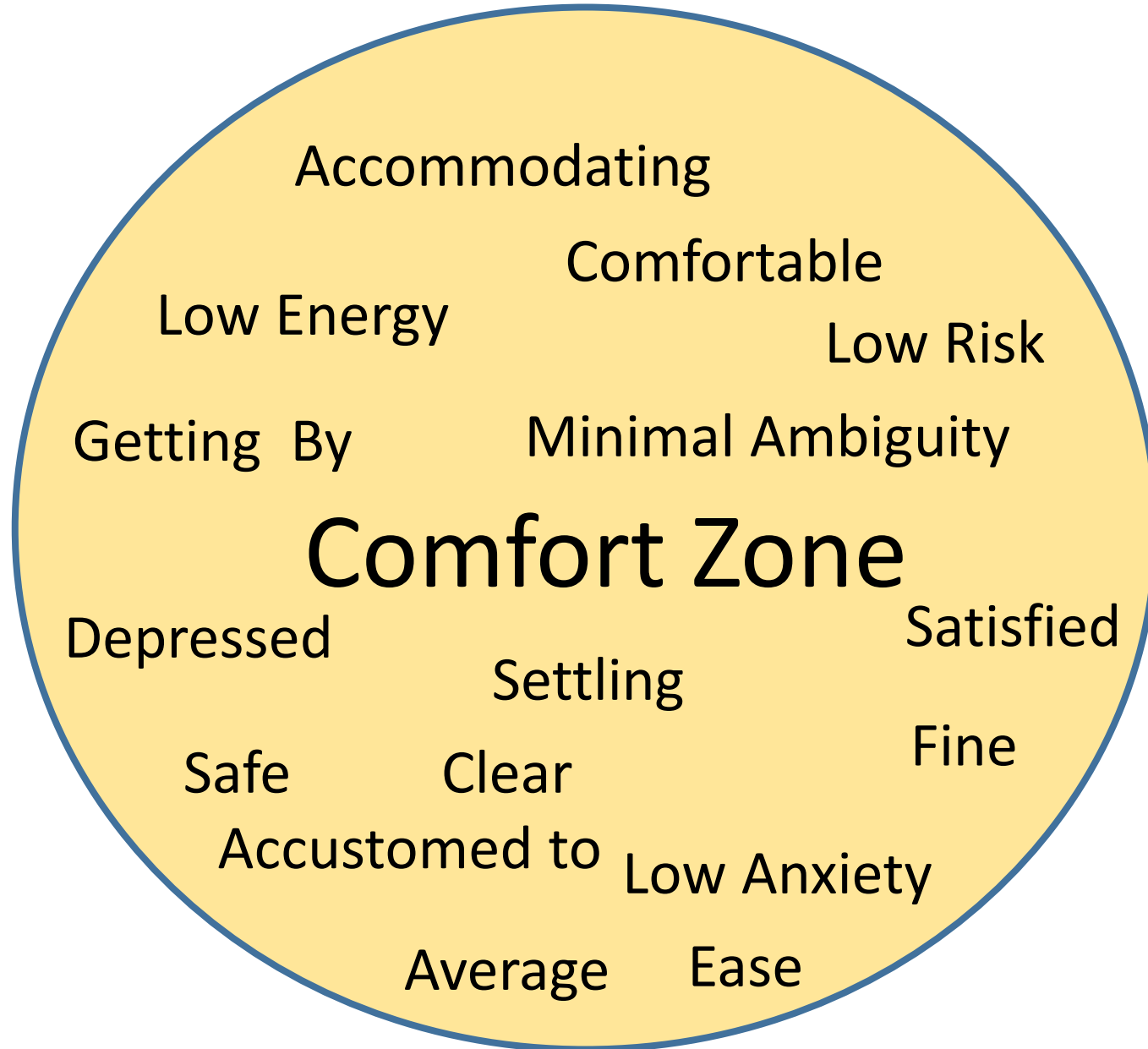


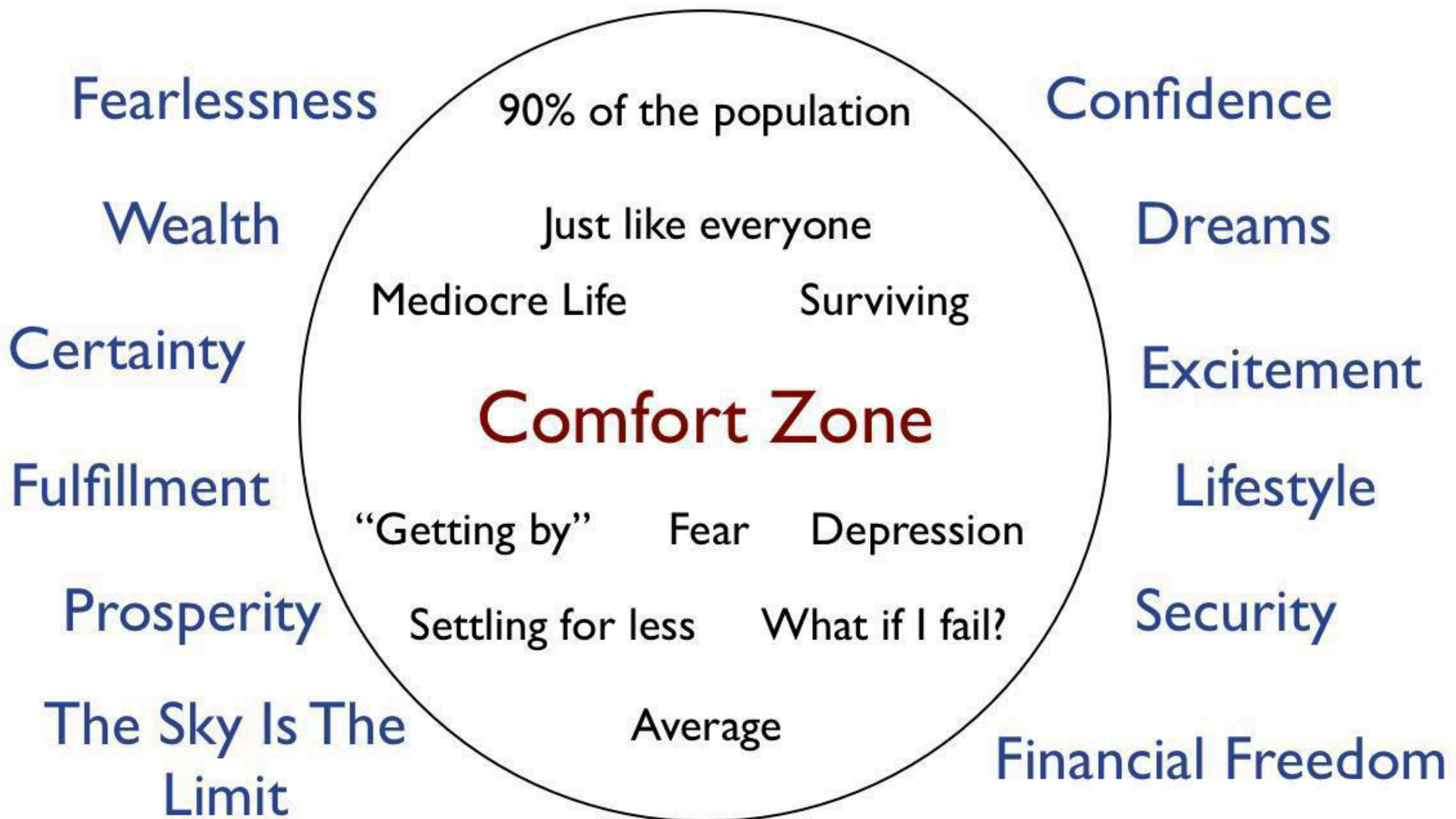
Courage and Comfort

Doing what  
we have  
been doing.



Avoiding the  
Uncomfortable,  
The Risky,  
The New,  
The Change,  
The Different,  
The Embarrassing

Protecting,  
Guarding  
Controlling



Fearlessness

90% of the population

Confidence

Wealth

Just like everyone

Dreams

Mediocre Life

Surviving

Certainty

**Comfort Zone**

Excitement

Fulfillment

“Getting by”

Fear

Depression

Lifestyle

Prosperity

Settling for less

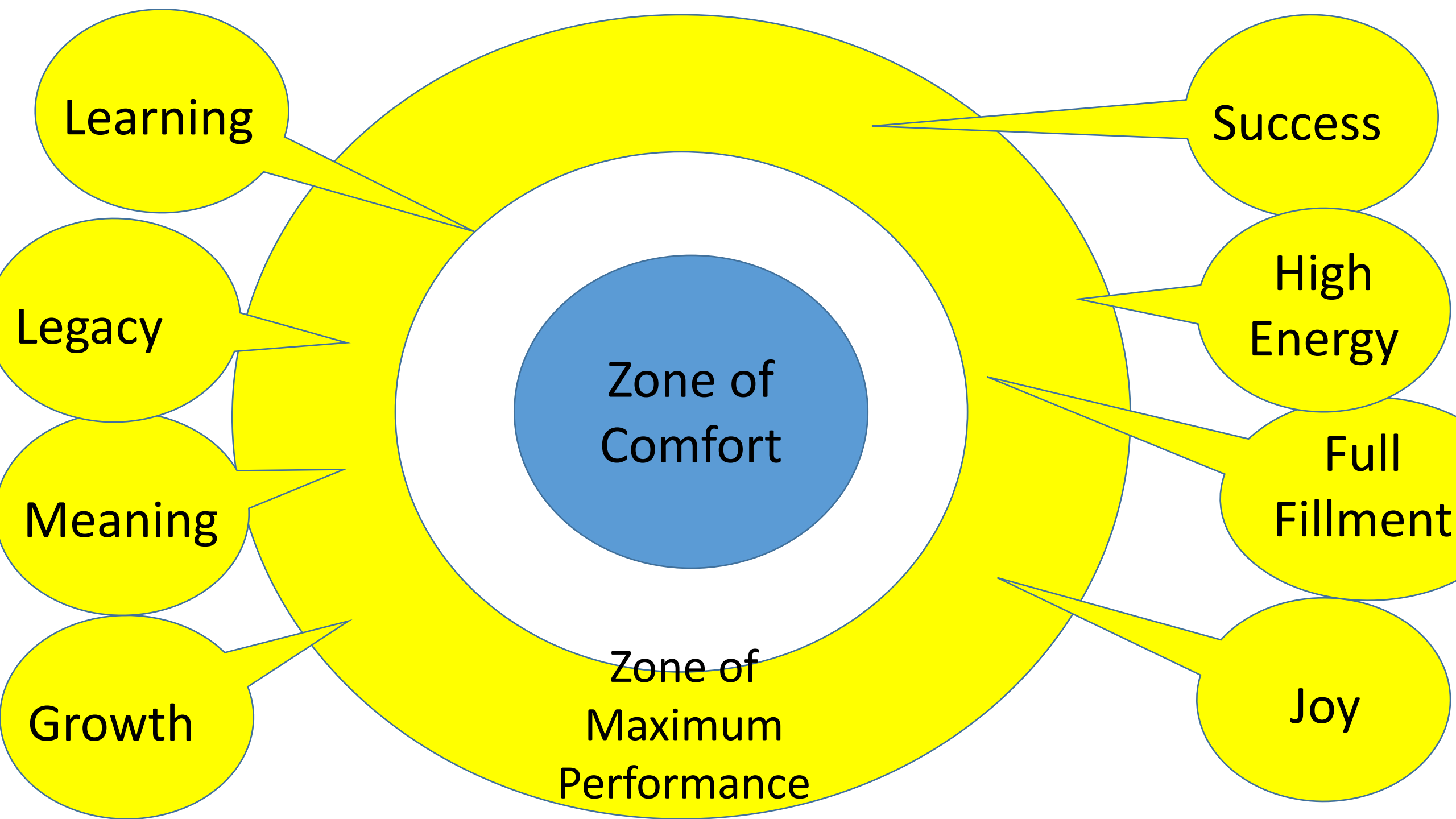
What if I fail?

Security

The Sky Is The Limit

Average

Financial Freedom



Learning

Success

Legacy

High Energy

Meaning

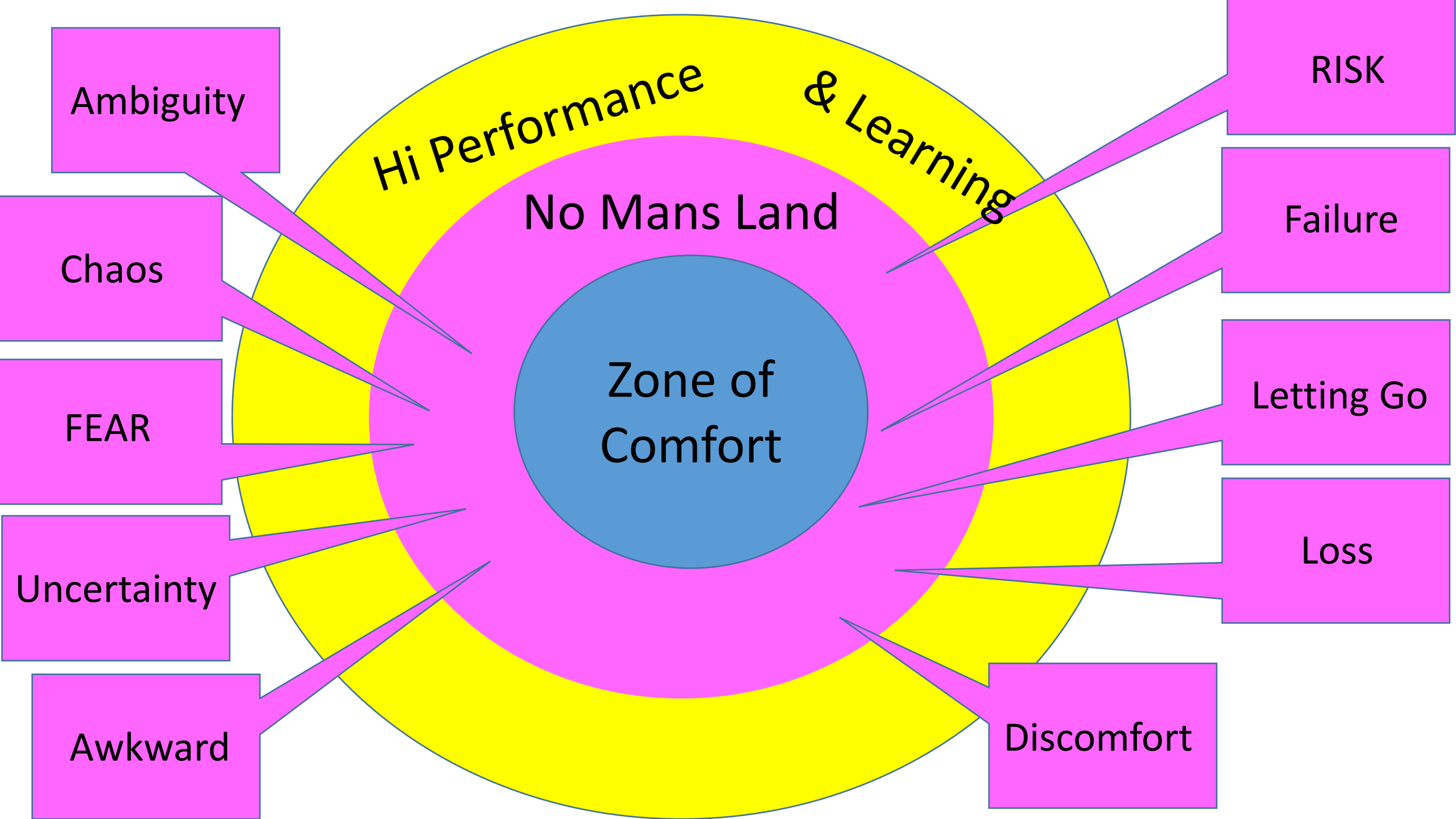
Full Fillment

Growth

Zone of Maximum Performance

Joy

Zone of Comfort



Ambiguity

Chaos

FEAR

Uncertainty

Awkward

Hi Performance & Learning

No Mans Land

Zone of Comfort

Discomfort

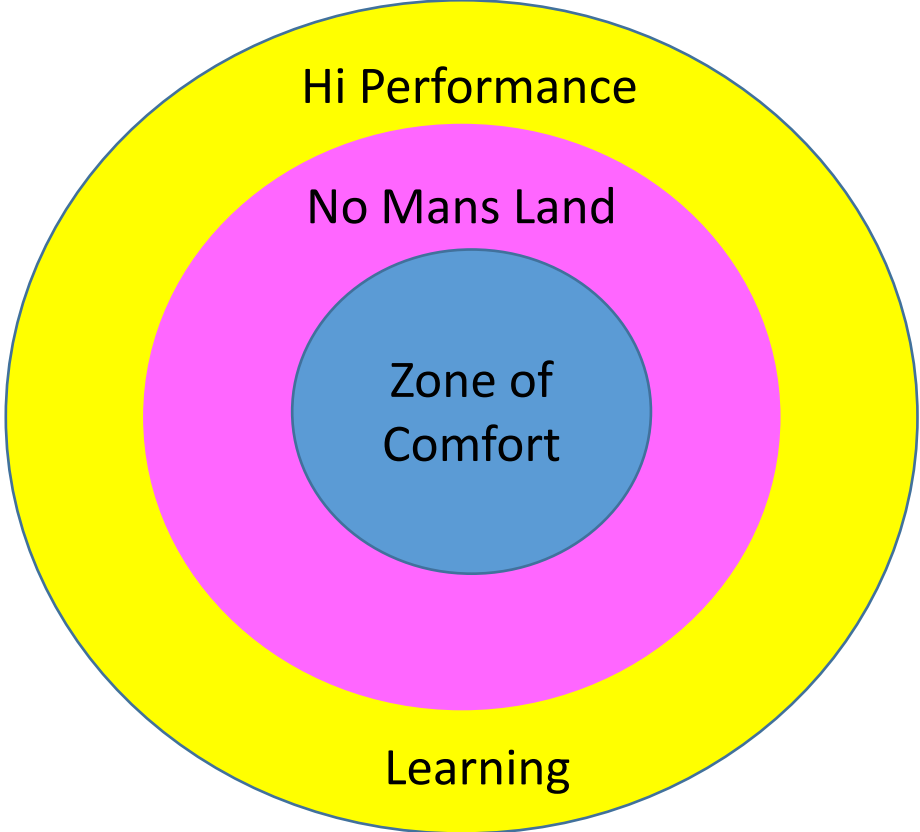
RISK

Failure

Letting Go

Loss

Everything You Always Wanted, Is One Step Out Of Your Comfort Zone



If you want something you don't have your have to do something you have not done.

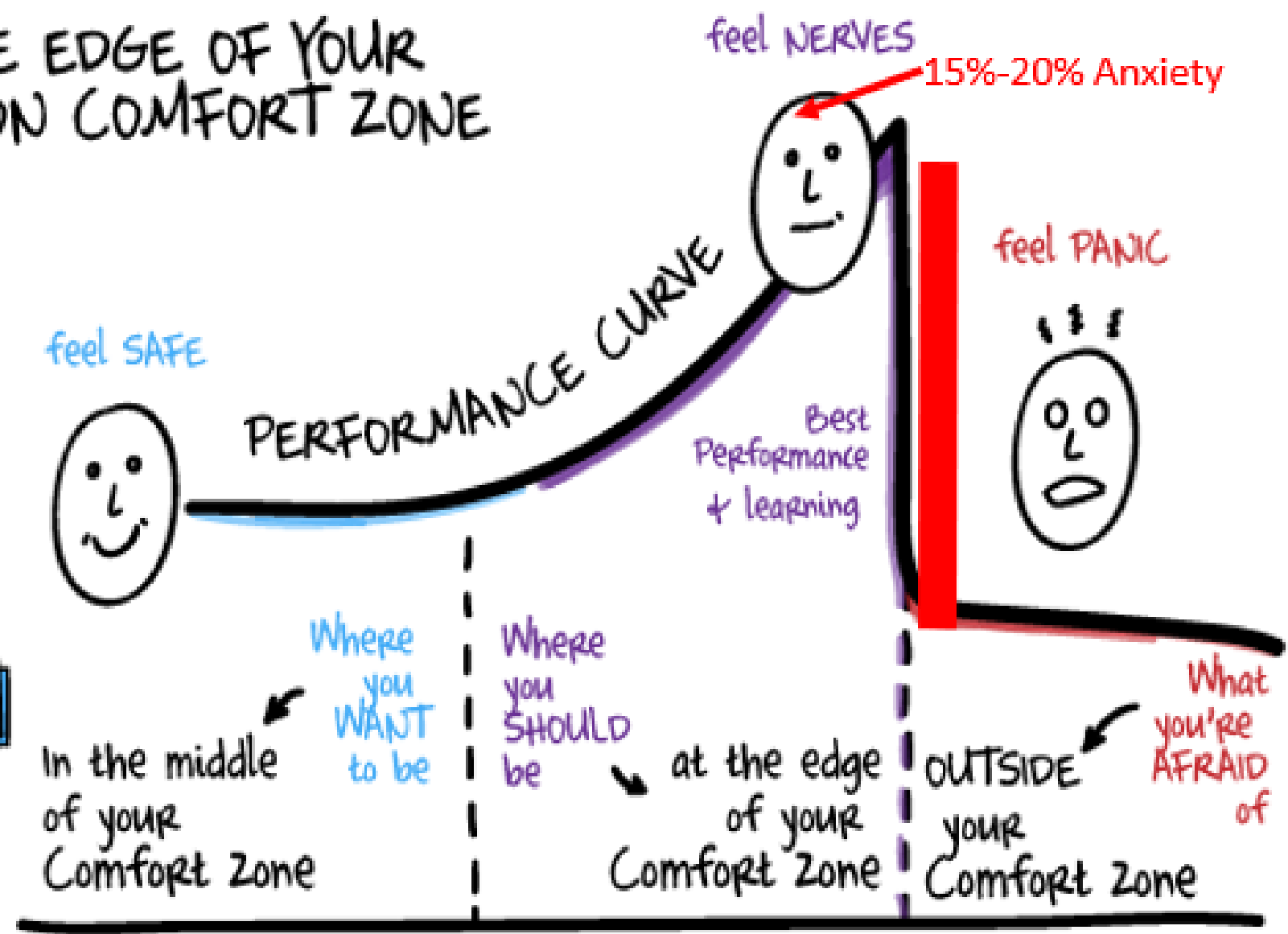
THE GREATEST ENEMY  
HUMAN POTENTIAL  
COMFORT IS YOUR  
LOVE



# WORK AT THE EDGE OF YOUR PRESENTATION COMFORT ZONE

Higher STRESS

if you want to IMPROVE  
Highest Performers Move the RED LINE to the right.

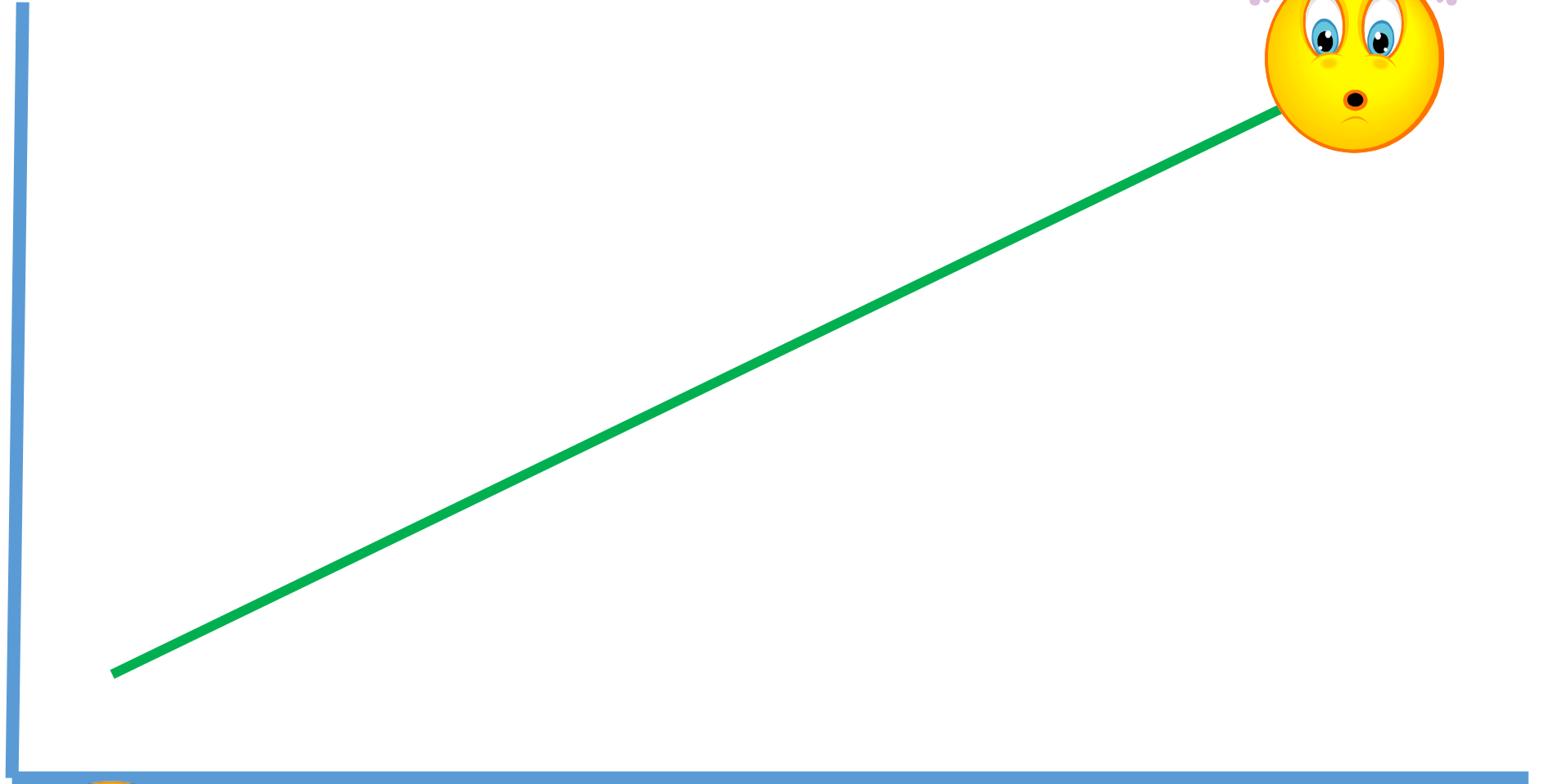


Higher Performance

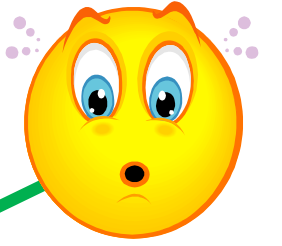


If you want something you  
do not have,  
You will have to do  
something you have not  
done.

\$



\$



*"A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown."*

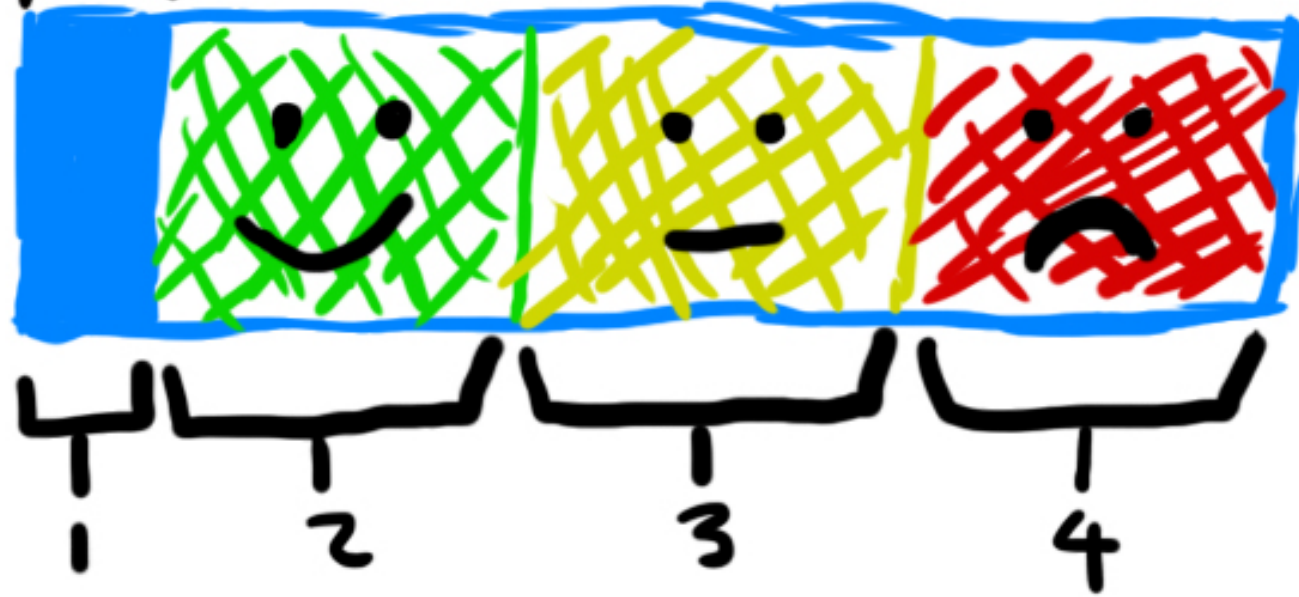
***Denis Waitley***

*“Life begins at the  
end of your  
Comfort Zone”*

*- Neale Walsh*

comfort zone

| ↓ | → outside comfort zone



1 = safe

2 = small chance of injury

3 = kinda risky... be careful!

4 = don't go here

Everything  
You've ever wanted  
Is one step  
Outside your  
Comfort Zone

So, explain to  
me again why  
we should  
leave this place...

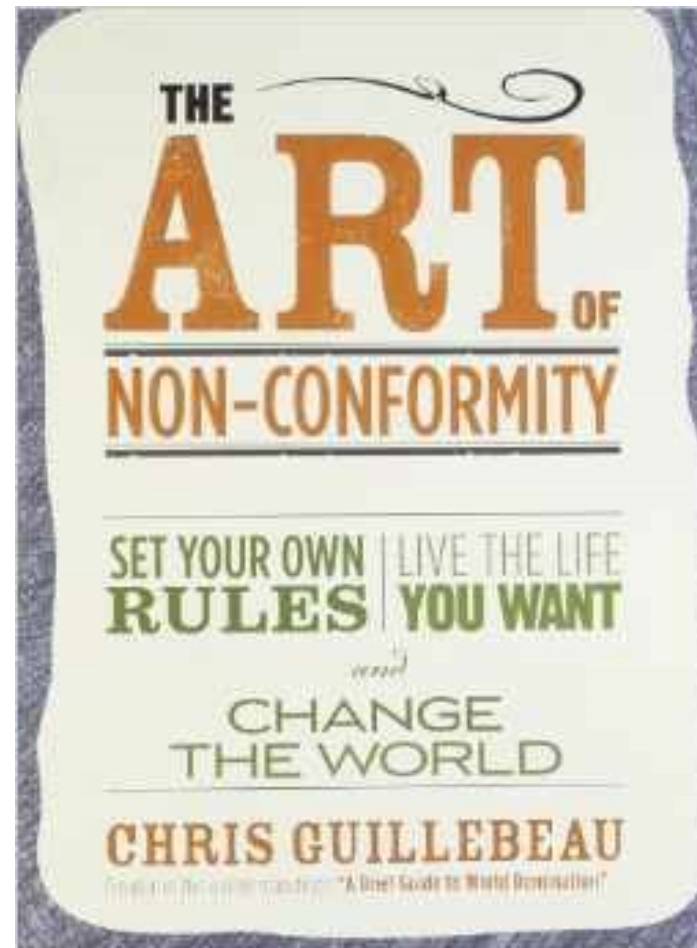






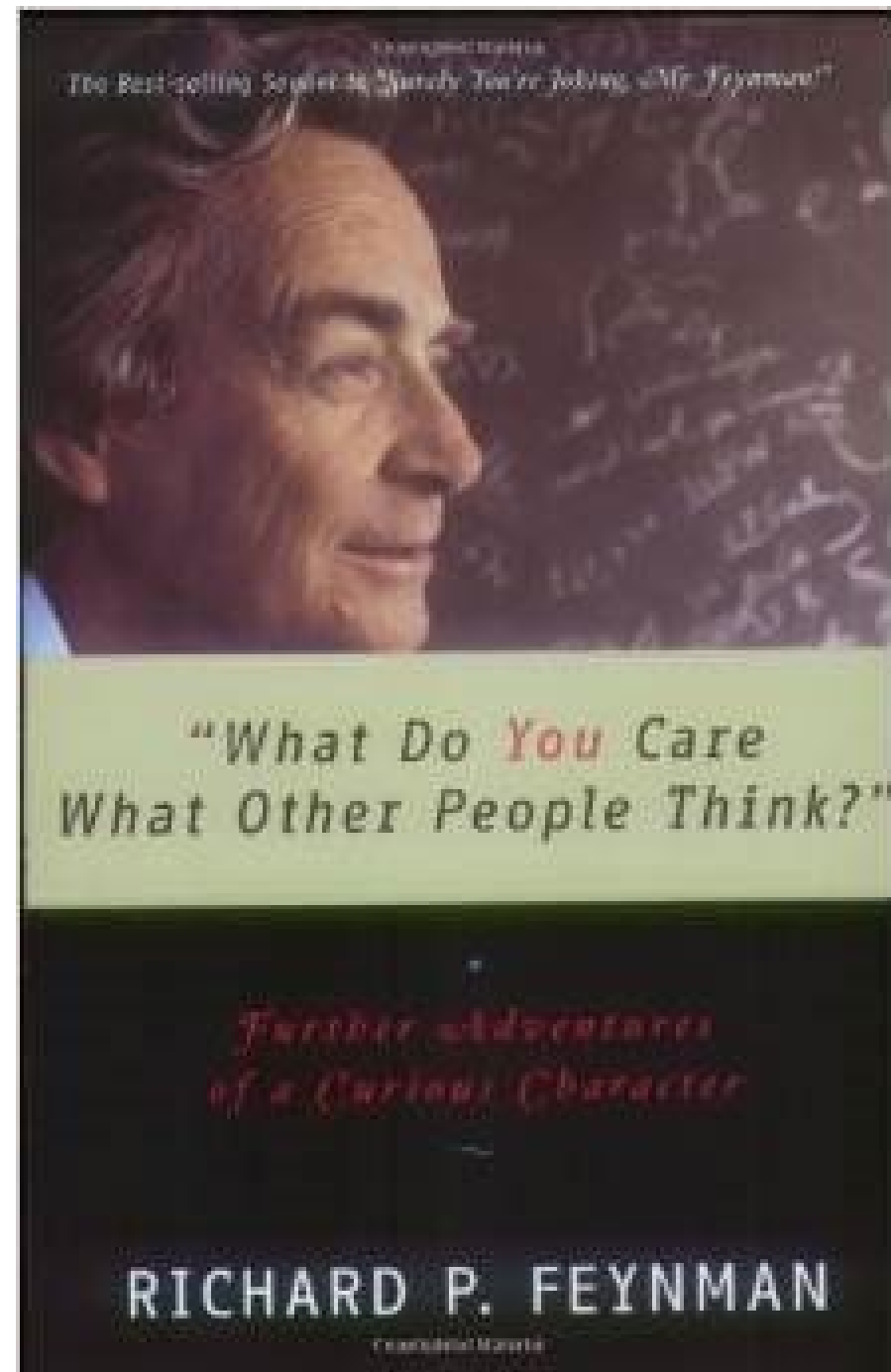
# The Art of Non-Conformity: Set Your Own Rules, Live the Life You Want, and Change the World Paperback

by [Chris Guillebeau](#)



# What Do You Care What Other People Think? Richard Feynman

Nobel Prize-Physics



# Berne Browne-The Power of Vulnerability

TED: 18,000,000 views

[http://www.ted.com/talks/brene brown on vulnerability?language=en](http://www.ted.com/talks/brene_brown_on_vulnerability?language=en)



Panic  
Zone

Top Performance  
& Learning Zone

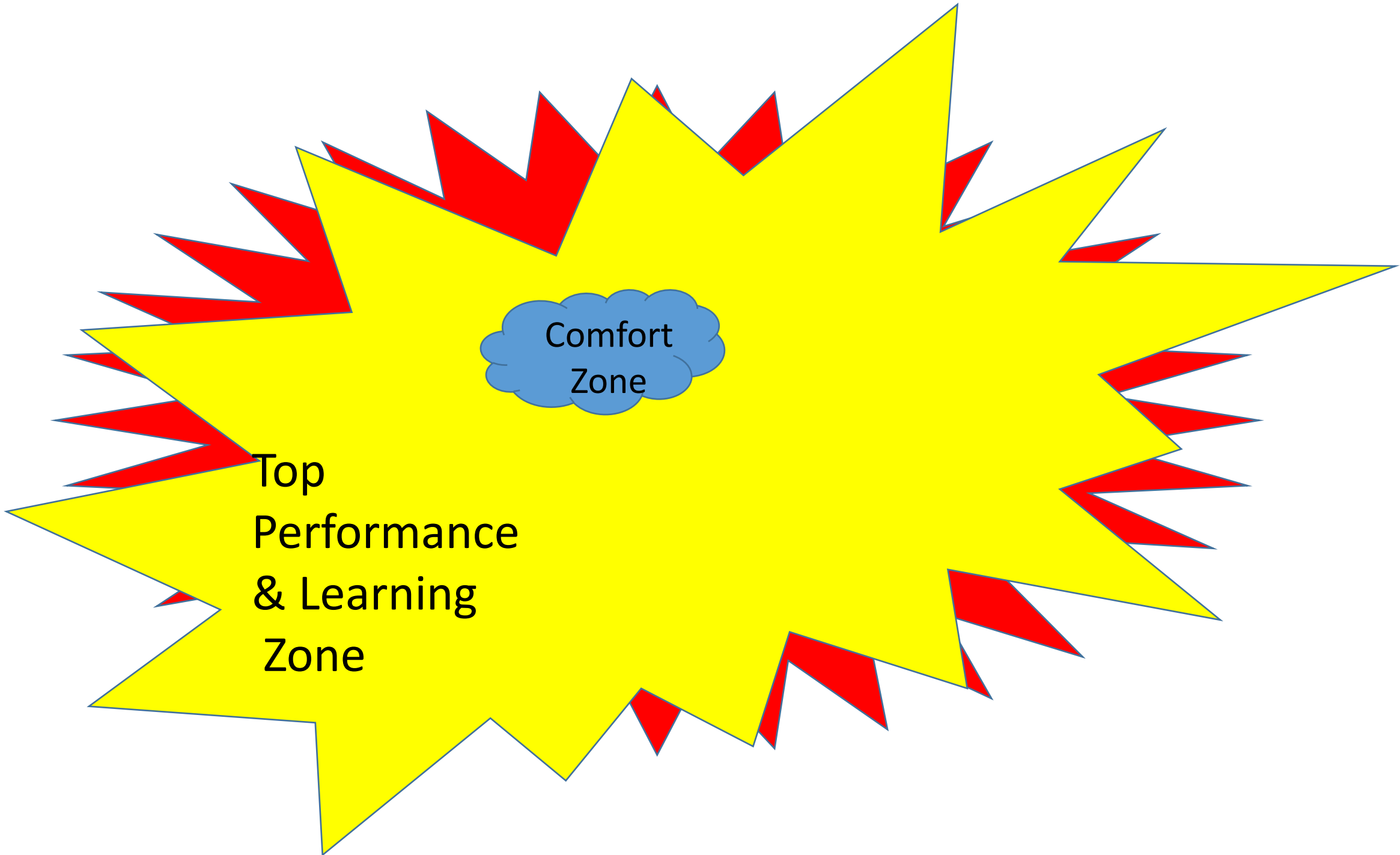
Comfort  
Zone



Comfort  
Zone

Top  
Performance  
& Learning  
Zone

Panic Zone



Comfort  
Zone

Top  
Performance  
& Learning  
Zone

Do something in today  
outside your comfort zone.