

SEE
YOURSELF
RAISE
YOURSELF

A card deck to help you step out of
your comfort zone.

Workbook

Welcome!

I'm so glad you're here!

It means you decided to take an important step toward achieving your goals – stepping out of your comfort zone!

It means you are ready to stifle those limiting beliefs.



The *See Yourself, Raise Yourself* card deck is designed to help you make the shift toward a more purposeful, fulfilling and impactful direction. No more staying stuck in the safe zone.

This companion workbook offers guidance on each of the suits in the deck, plus citations and additional resources.

When you have reached the end of the deck and this workbook, you will have more clarity on your goals, and more energy and inspiration to take bold steps toward a life and career that matches your talents.

Why a card deck about stepping out of the comfort zone?

It's time to stop playing small.
We need more women in the C-Suite.

So, let's get started!



Brain Facts

The purpose of this suit is to encourage you to stop putting all the blame on yourself.

One of the reasons you prefer to stay in your comfort zone is your brain: its primary purpose is to keep you safe. Whenever you consider stepping out of your comfort zone, the brain sends danger signals. When that happens, your job is to go ahead and take the risk.

Highlights

- The comfort zone is a productivity killer. [New research](#) on socially acceptable distractions demonstrates that social media has the ability to take us away from the important task, the hard task, the scary thing. This type of distraction is great for the comfort zone, because it not only pulls into the vortex of mindless activity, it offers us a beverage and donut.
- Gratitude can fix a whole host of negative thoughts and moods. A [study](#) conducted by the Greater Good Center at UC-Berkeley demonstrates that finding gratitude can eliminate toxic thoughts and emotions. So, when you get those feelings - from apathy to fear to helplessness - the best way to break free is to focus on something or someone you are grateful for.



Action Plan

1. How can you embrace an experimental mindset in order to step outside your comfort zone?
2. What actions can you take to push through the barriers your brain puts in the way?
3. How can you gain some momentum toward your goal?
4. How can you minimize distractions?



Perfectionism

Do you feel the constant pressure to meet expectations of perfection? Perfect house, job, social life, vacation, career, child, partner?

There is nothing wrong with aspiring to be your best self. In fact, that is a sign of healthy perfectionism – the kind that generates positive and achievable goals. And, if you strive to beat your personal best in athletics, performing, or academics – keep it up.

What we want to focus on in this section is the debilitating kind of perfectionism – the kind that robs you of any joy in life, and certainly makes it extremely difficult to think and believe “I am enough.”

The biggest problem with destructive perfectionism is that it keeps you in the comfort zone. It keeps your foot on the brakes. Worse, it generates increased feelings of shame and self-criticism. Who wants to live like that?

Highlights

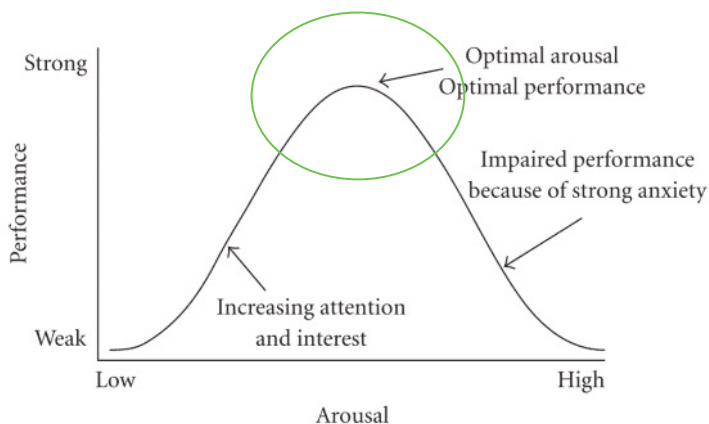
- There is a term used in athletic training: The OPZ: Optimal Performance Zone. The premise is that athletes never improve if they train in their current performance zone. In fact, they plateau. What’s needed is training in the [OPZ](#) – a challenging and not-yet-reached level of performance that is free from debilitating anxiety. That’s where the magic is.
- For more sources of information on the OPZ:

1) Kamata, A., Tenenbaum, G. & Hanin, Y. (2002). Individual Zone of Optimal Functioning (IZOF): A Probabilistic Estimation. *Journal of Sport & Exercise Psychology*, 24, 189-208. 10.1123/jsep.24.2.189.

2) Hanin, Y. L. (2000). *Emotions in sport*. Champaign, IL: Human Kinetics.



Action Plan



[image credit](#)

1. What changes can you make to how you talk to yourself when you think you have missed the standard of “perfection?”
2. What would it take to live in the OPZ more often?
3. What new mantra can you identify to help remind yourself that unhealthy perfectionism is holding you back?

“Perfectionism is internalized oppression.”

- Gloria Steinem



Sparks of Inspiration

Nothing like an inspirational quote to provide a spark that lights your fire. This suit is designed for that reason – to remind you who you are and where you’re headed when life has thrown you a curve ball and all you want to do is slide back into the comfort zone.

Here are a few amazing quotes from coaching clients:

“It is helpful to talk back to my inner critic. Sometimes I picture myself in a roller derby race, throwing elbows and pushing people out of the way.”

“After our session, I asked myself, ‘How can I show up and shine at the next meeting?’ And suddenly, I had the answer: Speak up before my inner critic could tell me what I am about to say is stupid.’ It worked!”

“As a perfectionist workaholic control freak who is comfy in her comfort zone, I do best when I have an action step to take.. So, after I read the inspiring message on a card, I think, ‘What can I do today to live these words?’”

See next page for action prompts!



Action Plan

Quote *“What if the ~~worst~~ best happened? What if it all worked out?”* - Coach Roche

Action

Quote *“I stopped waiting for the light at the end of the tunnel and lit that bitch myself.”*
- Unknown

Action

Quote *“I dwell in possibility.”* - Emily Dickinson

Action

Quote *“Stop worrying about who’s clapping and go be great anyway.”* - Cornell Thomas

Action

Quote *“Stop imagining fake scenarios and hurting your own feelings.
You deserve better than that.”* - Jules Bonasera

Action



Coaching

The fourth suit is designed to help you spring into action on the intention, the goal, that dream you have. It needs your attention and your purposeful action.

Step one: Say it out loud. Tell your friends, family, co-workers, the person sitting next to you on the train (OK, that may be an exaggeration, but you get the point). Nothing worth doing should stay hidden in the corner of your heart.

Step two: Go through each question in this suit and try to answer each one with specificity. Let's focus on two important questions right here:

What is your ZOG? Your Zone of Genius?

That place where your interests, passion and skills converge. If you are having trouble answering the question, the best advice is to identify three people in your life who know you well and who you trust and respect. Ask them. Now, write it here:

What percentage of your time is spent with people who inspire you, challenge you, lift you up?

We are all the average of the five people we spend the most time with. List yours here and then decide who is enriching your life and who is holding you back.

- 1.
- 2.
- 3.
- 4.
- 5.



Action Plan

1. How are you thinking differently about your comfort zone?
2. What changes do you need to make to live in the Optimal Performance Zone more often?
3. What one thing are you willing to let go of that's no longer serving you?



BOARDS

Coloring Book!

OK, not a “book” exactly, but a page.

Artist Elissa Surabian - @elissa.surabian.art on IG - was kind enough to make a version of the comfort zone cage so that each customer can make their own poster as a reminder to step out of the comfort zone.

You’ll find it on the next page.

Feel free to make copies and share it with your BFFs.

I leave you with one final thought...

Stepping out of your comfort zone will turn
your hopes and wishes into reality.
Living in your stretch zone
means you can *act* your way
into your ideal future.





*See Yourself, Raise Yourself
Card Deck*

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