

# 4 steps

## To Break out of Your Comfort Zone

*In a healthy way*

**Goal in sight and your immediate surroundings under control**

*Top position in sight. This is my personal goal today.*

*A strong follower is pushing me...*

**Find your Healthy Competition**

I work with Relative Comparison

*Insights from current #1*

*Relative comparison to average output. Am I on track?*

**Track your Progress**

I push myself with Intermediate Motivation Boosters

*Thanks Abbie (Wheeler)*

*Short term Motivation Boosters*

**Know your current abilities**

I have a realistic understanding of my baseline skills and where I'm starting from.

*Today I won't chase my personal record!*



# Goal in sight and your immediate surroundings under control



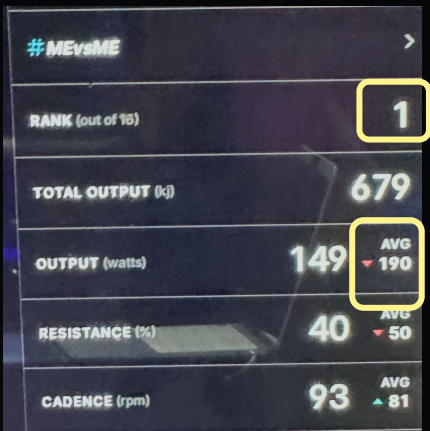
*Top position in sight. This is my minimal goal today*

*A strong follower is pushing me →*



# Find your Healthy Competition

## I work with Relative Comparison



*Insights from current #1*

*Relative comparison to average output. Am I on track?*



# Track your Progress

I push myself with  
intermediate Motivation Boosters



Short term Motivation Boosters



Second Brain Builder ★ AI enthusiast ★ Leadership Coach

# Know your current abilities

I have a realistic **understanding** of my baseline skills and where I'm starting from.



*Today I won't chase my personal record!*



## 4 steps to break out of your Comfort Zone

- **Set Clear Goals:** This gives you direction and focus.
- **Find Healthy Competition:** This motivates you to improve and catch up.
- **Track Your Progress:** Celebrating small wins provides ongoing motivation.
- **Know Your Current Abilities:** This lets you establish achievable goals and recognize growth.





# GROW YOUR LEADERSHIP SKILLS

WITH GROUP COACHING BY BLINKIST



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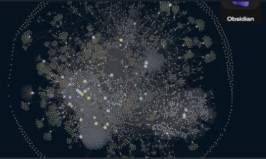


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