

LIVING CONFIDENTLY OUTSIDE YOUR COMFORT ZONE

Narmada Rao

Psychologist, NLP Trainer & Coach

@Master Yourself Academy

+91 95669 42555 | support@masteryourself.in

www.masteryourself.in

About the Trainer:



- NLP Trainer since 2013
- Trained over 10,000 individuals from 28 countries in the last 9 years
- Authored 4 books – *Catch Yourself to Coach Yourself*, *Open Up*, *Open Up-Close* and *Just Open* (available globally on amazon & other platforms)
- Authored over 200 blogs on various topics related to self-help and interpersonal relationships
- Regular content creator on Youtube, Instagram, and Anchor
- Invited by National television and International Radio channels as a panelist and speaker

What is comfort?

What is discomfort?

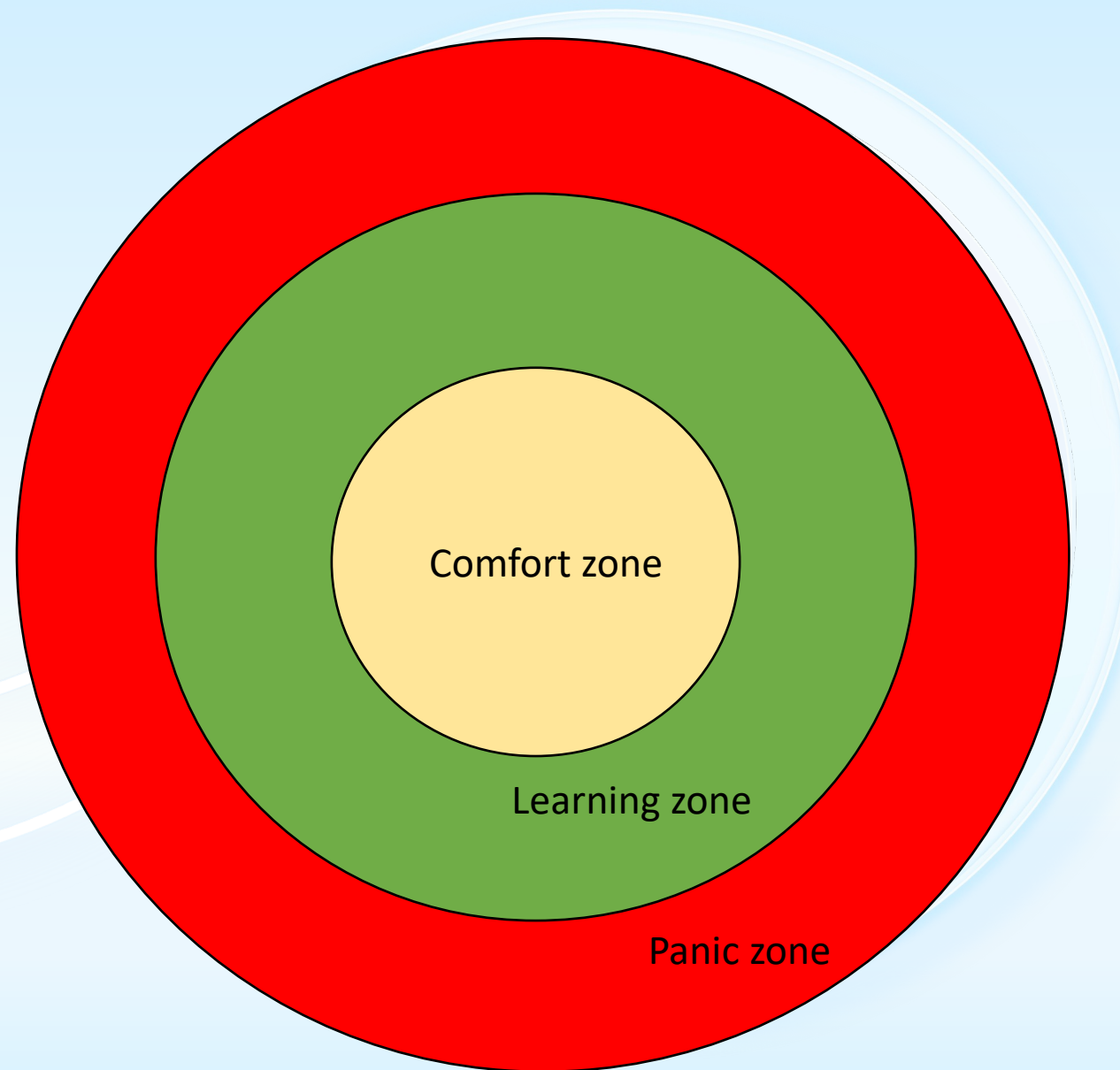
What's your usual first response to discomfort?

What happens when seek comfort?

Seeking comfort too much, too often deprives you of:

- your growth,
- your ability to push boundaries,
- your ability to learn,
- your willpower to go that extra mile

And also makes us get into addictions of various kinds!



Comfort zone

Learning zone

Panic zone

What is confidence?

MASTER
YOURSELF

What stops us from being confident?

- Fear (of failure, rejection, not-knowing states)
- Imagining against our favor
- Our need for certainty
- A belief that confidence comes from certainty & expertise (about skills, abilities & knowledge)

Exploring your idea of confidence

- **Who** comes to your mind when you think of the word confident?
- **What** do you see in them that makes you recall them as confident?
- **Why** do you think that is?

What do you want to be confident about?

Confidence is to have faith in oneself!

A person who is willing to learn from any situation and not hassled by failure or feedback, is the one who can stay confident even in the not-knowing states.

A strategy for accessing confidence - WWTD

- Briefly visit a recent discomfort zone which you felt was challenging.
- How did you experience - what happened within you?
- Break state
- Now think of someone who you think is confident.
- **What would they do** if they were in this situation?
- What do you think is the ingredient for you to feel confident?

Tips for confidence

- Be clear on what you want – Keep focus on the desired state.
- When uncertain, don't think of what "might" happen. Think of what you want to have happen
- Be clear on your intentions. **Your intentions drive your actions** hence take time to consciously set intentions rather than randomly let life's incidents, people's actions and your moods take over.
- Be ready to admit, apologize & make amends if you make a mistake
- Focus on increasing your flexibility as a person

NLP techniques that help to access confidence at will:

- “As if” frame
- Reframing
- Anchoring
- Modelling (WWTD)

Finally, comfort comes from a strong sense of likes and dislikes. If you stop viewing life in terms of likes and dislikes and instead approach with more curiosity to explore what's on the other side, everything will be an interesting challenge to explore.

It's not difficult - it's just new!

It's not uncomfortable – it's an opportunity to learn!

Parting words

- Push versus force – Force makes one become averse to the very thing they wanted to do. So push yourself towards your goal, rather than force yourself. Find ways to be inspired and motivated
- Remember when you were learning to walk or drive. Failures aren't setbacks when you have a compelling vision and purpose.
- Choose discomfort voluntarily and regularly!
- Greatness is not in admitting our limits. It is in challenging our limits!

Thank you for being here today!

**MASTER
YOURSELF**