



# LEAD BEING YOU

## Stepping Out of Your Comfort Zone: A Practical Guide to Get Out of Your Own Way

### 1. In the morning – or before an event – set an intention:

- What do you want to happen?
- How do you want to show up?
- What is the best-case scenario? – what would be the best possible outcome?
- How do you want to feel when you reflect on it afterwards?

This includes getting really clear on how you will experience that:

- ❖ Will it be a feeling in your body?
  - ▲ Where in your body will you feel it?
  - ▲ How will it feel - examples: soft, open, fuzzy, warm, cool etc.  
It can help to be specific.
- ❖ Will it be an image in your mind?
  - ▲ What types of images will give you that feeling?
- ❖ Will it be thoughts in your mind?
  - ▲ What types of thoughts do you want to have?
- Whatever your desired feeling is, imagine it in your mind.
  
- Summon up that feeling as clearly as possible - so that you start feeling it already, in advance.

### 2. Immediately before the event or situation:

- Take some time to bring yourself to a state of calm. You will need at least 50 – 60 up to a few minutes.

Some examples of how you can do this include:

- ❖ Box breathing: Breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, hold for 4 counts.
- ❖ Take 40 - 50 seconds to take in the physical space you are in. You can focus on one object that pleases you – or you can check out the whole space.
- ❖ And/or Take 40 – 50 seconds to notice your physical body. Focus on one part. For example:



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- ▲ The position of your feet on the ground. Notice the parts of your feet that are touching the ground. Notice how your weight is distributed.
- ▲ The position of your body and the points of contact between your body and the chair if seated.
- ▲ Bring your hands to touch each other. Notice the warmth of your hands and the texture of skin as they touch each other.
- ▲ Touch an object. It could be a stone, or a mug, or a pen, for example and notice what you experience as you touch the object.
- ▲ Listen to the arrival practice [recording](#)

- ❖ Now that your nervous system is calm take 2 minutes to do the Power Pose ([From Amy Cuddy](#))



### 3. During the event or situation:

- Maintain dual awareness with yourself and the other person(s):
  - ❖ Hold 50% of your attention on you: You, your physical body, your feet on the ground, your hands touching each other etc.
  - ❖ 50% of your awareness on the other person(s) and the whole situation.
- If ever you notice things not going so well, bring your awareness even more back to yourself, the environment, your physical body, and your breathing.
- You can also use some of the polyvagal toning exercises to help calm down and be more present ([over here](#))

### 4. Immediately after the event:

- Congratulate yourself for having shown up in the way that you did and acknowledge that you did the best that you could.
- Notice how you are feeling right now.

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## 5. Reflection afterwards

Do this as soon as possible after the event or situation. You could also do this at the end of the day

### Reflect on what went well.

- What did you do that was new, unfamiliar, or challenging ?
  - What helped things to go well?
  - What was the impact of this?
  - How does it feel in your body?
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- What do you want to do more of next time you are in a similar situation?
  - What do you want to go even better next time ?

### When things didn't go so well

#### a) If you didn't do the thing you wanted to do

- What got in your way?
- What was the impact of that?
- What meaning do you make of that?
- What do you tell yourself?
- What can you do differently next time that type of situation occurs?
- How do you feel in your body?
- How can you be kinder to yourself,
- How can you find more calm?

#### b) If you did the challenging thing but it didn't go so well

- What did you do that was new, unfamiliar, or challenging ?
- What parts went well?
- What helped that to happen and what was the impact of that ?
- What got in the way?
- What meaning do you make of that?
- What can you do differently next time that type of situation occurs?
- How can you be kinder to yourself,
- How can you find more calm?
- Where is your attention – is with the part that went well or with the part that didn't go so well?



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- Make sure you can find at least one or two aspects of the situation that went well. Give that some attention, so that the focus of your attention helps you build on what went well.

This process can help you bring more awareness to situations that stretch you.

This awareness may be all you need to get moving and to help you handle these things better in the future

Sometimes it can be useful to talk things through with a colleague or a coach.

Book a [free call](#) to talk through how I can help.

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