

THE JOURNEY
FROM
COMFORT TO POSSIBILITY

A workbook of self-discovery and personal transformation

Stefanie Zizzo
Career and Life Coach
Apex, North Carolina
www.stefaniezizzo.com
stefaniezizzo@yahoo.com
919-744-9722

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Stefanie Zizzo

Apex, NC 27539

919-744-9722

stefaniezizzo@yahoo.com

www.stefaniezizzo.com

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WELCOME



By discovering who you are and clarifying what you want in life, you can take purposeful action to stretch beyond the comfort of what you know and experience limitless possibilities...

How often have you heard yourself saying “**someday I will...** have an exciting and fulfilling career, travel the world, own the home of my dreams, have more fun and passion in life, or _____ (you fill in the blank)?” What do these goals have in common? They lie outside our comfort zone.

Our “comfort zone” is a place **we have created** that is familiar, safe, secure and known. While being comfortable can be good, in order for our lives to be the **most** fulfilling, exciting and exhilarating as they can be, we must venture away from what is comfortable and familiar into uncharted territory and the amazing possibilities that await us there.

When you are venturing away from your comfort zone, **every step** you take builds your courage, your confidence and your excitement, bringing you closer and closer to your biggest goals and dreams.

“A journey of a thousand miles begins and ends with one step.”
Lao Tzu

THE JOURNEY FROM COMFORT TO POSSIBILITY



- You start out in your comfort zone – a place that is familiar that *feels safe, predictable...*
- You begin to experience a *yearning, ache, or pull* that there is more to be and do...
- You begin to *question your comfort... wonder about new possibilities...*
- The excitement building, you *begin to move to the edges of your Comfort Zone...*
- *You reach the threshold*, prepare to take your first step yet you are met with *fear and uncertainty* – you begin to think/hear: “it’s not safe out there”, “it’s not possible...”
- However, also at this threshold are the *excitement of possibilities*, and when these possibilities are strong and clear, it gives you the strength to take that first step...
- Once you can clearly see your destination, you notice there are several different paths that lead to it – *which will you take?...*
- You begin to realize that all of these paths can be exciting and that it does not matter which you take, as long as you choose one and *take steps toward it...*
- Along your journey, you may encounter both exhilarating and challenging experiences, obstacles occasionally detouring you, *yet you still feel pulled toward your destination...*
- So you persevere, getting back on course because your *dream is so clear, waiting for you...*
- Surprisingly, you come to find that while your sights are set on reaching your destination, you are really in no hurry – *you realize that you are on a beautiful path* and begin to enjoy the scenery, each day experiencing new opportunities & possibilities along the way...
- *You have left your Comfort Zone, you are full of life, vibrant, growing, glowing...*

INTRODUCTION



Welcome to your journey.


In my 14 years experience as both a Career Counselor and Life Coach, the knowledge and insights I have gained serve as a foundation for this workbook. Here, I have synthesized my experiences and learning into what I believe are integral steps toward our journeys of self-discovery and personal transformation. The exercises, questions and actions throughout this book represent, from my perspective what I have seen work, both with my clients and in my own personal experience.

To truly get the most from this workbook, you will need to step out of your comfort zone. That means “trying on” new thoughts, behaviors and experiences as well as letting go of old habits and challenging your limiting beliefs.


Every time you think or do something new and different, you have grown beyond your comfort zone. Stretching out of your comfort zone can be very uncomfortable and even painful at times, especially if you are not ready for it. It can also lead you to be, do and have more than you currently believe is possible. My hope is that by the end of this book you will have not only stretched by way of action, you will have stretched your mind to believe in limitless possibility.

HOW TO USE THIS BOOK

This book is divided into five parts. Each part focuses on a different leg of your journey. You need not read this in any order, though it may be clearer if you do. Within each part are several chapters, each containing different exercises, questions and action steps.

You will see this tree  throughout each chapter. It represents *growth* and indicates **exercises** to complete. Some of these exercises you will immediately feel compelled to complete, others may not resonate with you at all, some may seem overwhelming and still others you may not be ready to complete. Trust yourself through this process. When there is only one exercise in the chapter, please complete it. When there is more than one, **choose those you feel most compelled to do at first**. Then move on to those you think may be overwhelming and finally to those you feel may be a stretch. Remember, the more exercises you choose to complete, the faster results will come.

There will be a series of **questions** at the end of each chapter. **Complete them all**. These questions are important to answer as they tie together the learning and insights you gain from the exercises you choose to complete.

You will also find  **Time to Take Action** at the end of each chapter, where you will commit to taking action based on the material from that chapter. These commitments are designed to get you started moving forward – taking the learning and introspection of the exercises and questions and putting it into action. Here you can either choose the action that is stated or create action steps of your own – the latter being preferred. But please **do take action!**

Throughout the workbook you will find **Notes** pages giving you plenty of room to continue an exercise or to capture a thought or idea. At the end of the workbook you will see **Resources** to further your learning.

In summary, to get the most from this book:

- **Commit** a certain amount of time and energy to this journey – whether 15 minutes a day or a few hours a week – consistency will help you see results.
- **Write** out your answers to these exercises instead of just thinking about them. Statistics show that writing helps create momentum and memory.
- **Have patience** with yourself. Change takes time, focus and commitment. For some of you, the process of transforming your life will take a few months, for others a few years.

In my own experience, my big life transformation took 18 months, which included discovery, clarity, a lot of action and plenty of support to completely change my life. I went from living a lifetime in the same town and a career of 11 years with the same employer to creating the life I always dreamed about here in North Carolina with incredible new friendships, deep connections to my community and a thriving coaching business. I attribute my success in this transition to knowing what I wanted and needed in relationships, my new community and my career; believing it was possible to achieve and setting out to achieve it.

My reason for writing this workbook is to help you learn how to **create and live** the life **you** have been dreaming about.