

2025 – REGION G ANNUAL CONFERENCE



# SMALL STEPS BIG DREAMS

HOW TO MAKE IT ALL HAPPEN

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# BACKGROUND

- Alumna of **Alpha Theta Nu** at **Kettering University**
- Industrial Capacity Planner for Michelin North America
- Aspiring CEO and Self-Made Entrepreneur
- Passionate about Leadership, Friendship, and Service
- Enjoys Painting, Baking, Powerlifting, and Volunteering



*What's one big goal you've set for yourself?*

# LEARNING OUTCOMES

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Set and Break-Down SMART Goals Into Actionable Tasks

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Embrace Challenges and Step Outside Comfort Zones

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Turn Rejection Into an Opportunity for Redirection

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Balance Personal Passions With Professional Growth

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Discover Habits/Strategies to Stay Organized & Motivated

A dark blue background image of a person in a suit and tie sitting at a desk, looking down at a laptop screen.

# DREAM BIG START SMART

SPECIFIC → MEASURABLE → ACHIEVABLE → RELEVANT → TIME-BOUND

# WHAT ARE SMART GOALS?

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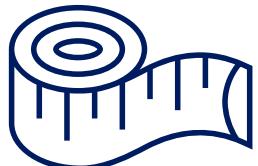
S

SPECIFIC



M

MEASURABLE



A

ACHIEVABLE



R

RELEVANT



T

TIME-BASED



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The goal should be clearly defined, leaving no room for ambiguity.  
*What exactly do you want to achieve?*

You need a way to track progress and determine if the goal has been achieved.  
*How will you know when you've succeeded?*

The goal should be realistic and within reach, considering your resources and capabilities.

The goal should align with your overall objectives and values.  
*Is this goal important and worthwhile?*

Set a realistic timeframe or completion date for achieving the goal.  
*When do you want to accomplish it?*

# HOW DO I SET SMART GOALS?

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**S**

"I want to run a marathon someday."



**"I WILL RUN THE CHARLESTON MARATHON IN JANUARY 2026."**

**M**

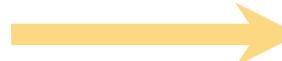
"I will run as much as I can."



**"I WILL USE A FITNESS APP TO TRACK MY RUNS AND INCREASING MILEAGE."**

**A**

"I've never jogged more than a mile"



**"I'VE ALREADY RUN A 10K AND WILL FOLLOW A BEGINNER 16-WEEK TRAINING PLAN TO BUILD ENDURANCE."**

**R**

"It would be nice to run a marathon."



**"RUNNING A MARATHON ALIGNS WITH MY FITNESS GOALS AND DESIRE TO CHALLENGE MYSELF."**

**T**

"I'll try to run whenever I have time."



**"THE RACE IS JANUARY 18, SO I WILL COMPLETE MY TRAINING BY THEN."**

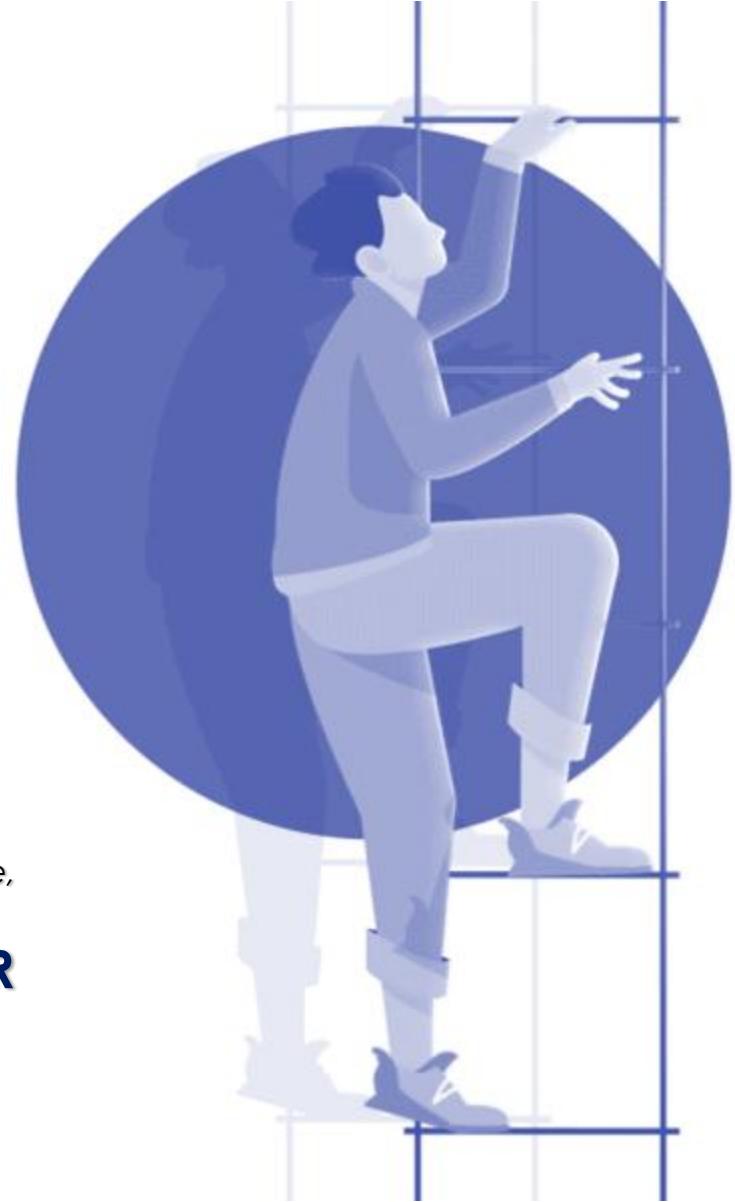
# WHAT'S A GOAL YOU WANT TO ACCOMPLISH?

*I want to...*

- complete my required service hours.
- hold a leadership position in my chapter.
- maintain a 3.5 GPA.
- plan an outreach/fundraising event.
- secure a job or internship in my field.
- prioritize my mental or physical health.
- graduate with honors.

*Don't climb all at once,  
take it step-by-step.*

**WHAT IS YOUR  
STEP 1**



A man and a woman are sitting on a couch, looking up with their arms raised, suggesting a sense of accomplishment or excitement. A potted plant is in the foreground.

LEAVING YOUR  
COMFORT ZONE

# STEPPING OUT OF YOUR COMFORT ZONE

## BENEFITS OF GROWTH

### • Self-Actualization

- Leaving the comfort zone helps you fulfill your potential.
- Maslow's theory: personal growth is essential for happiness.
- Aligning actions with values leads to self-actualization.

### • Development of a Growth Mindset

- Helps you see challenges as opportunities to grow.
- Encourages taking risks and learning from failures.

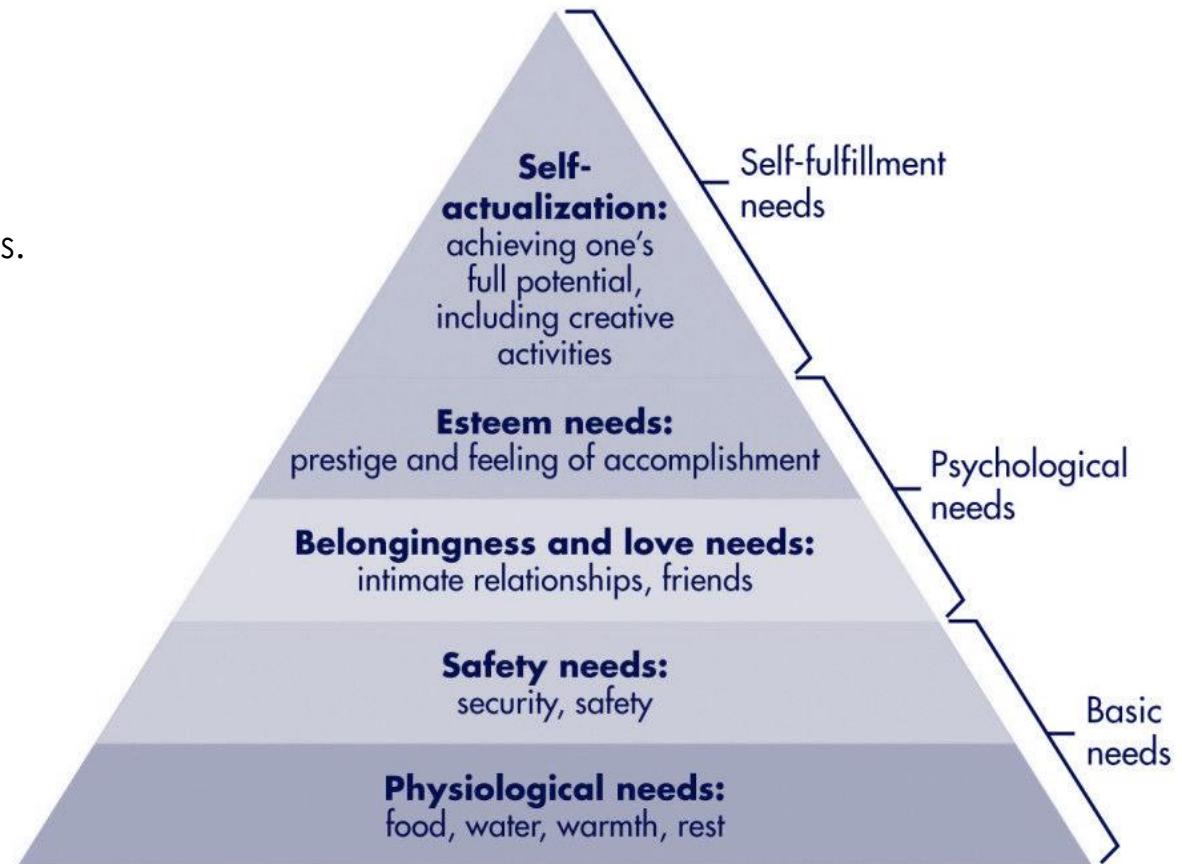
### • Resilience and Antifragility

- Expanding your comfort zone builds resilience.
- You grow stronger from stress and challenges.
- Sooner or later, everyone faces adversity.

### • Greater Self-Efficacy

- Belief in your ability to achieve goals.
- Success from trying new things increases self-efficacy.
- Achievements and confidence grow over time.

WHY?



Abraham Maslow's Hierarchy of Needs

# STEPPING OUT OF YOUR COMFORT ZONE

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## TIPS FOR SUCCESS

- **Reframe Stress**

- Anxiety and excitement are physiologically similar.
- 'Eustress' is positive stress.
- Eustress can make daunting activities exciting.

- **Understand Neuroplasticity**

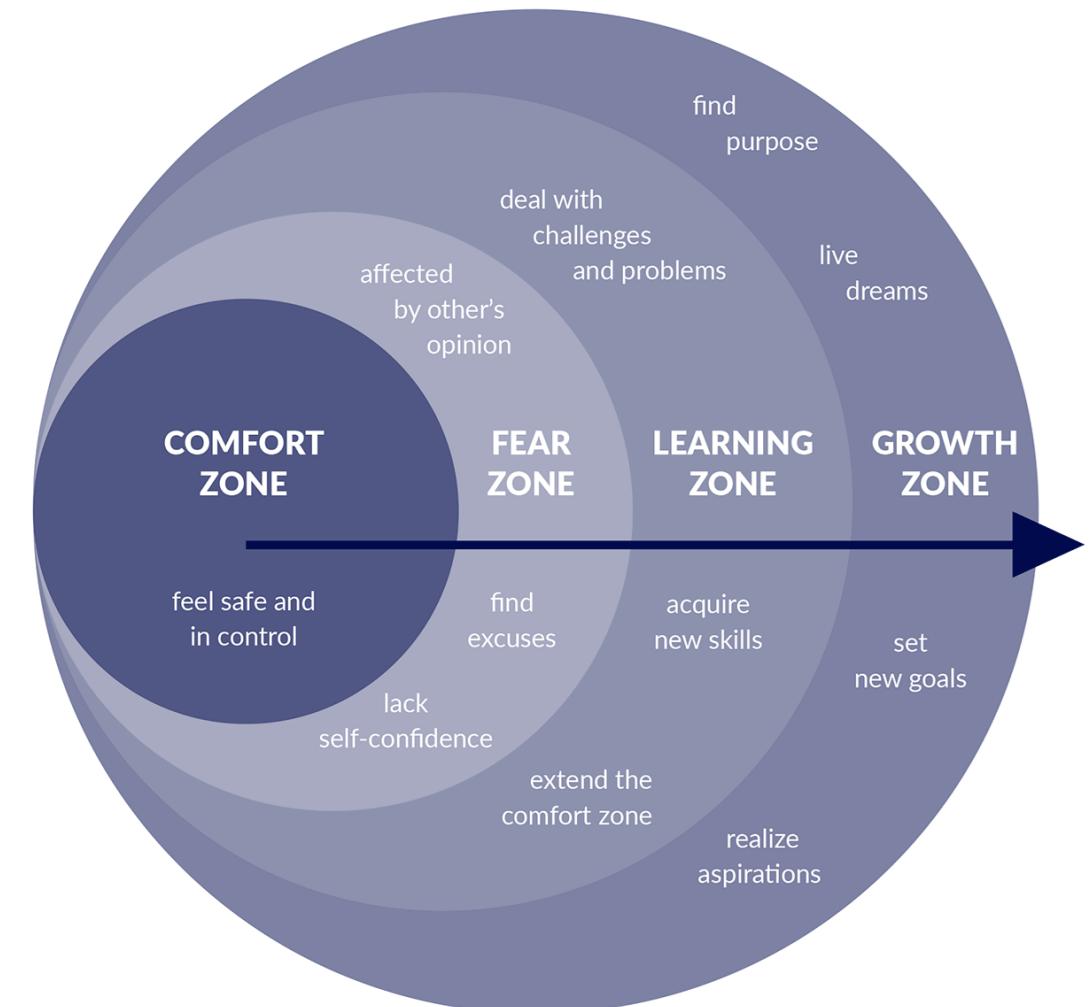
- Embrace neuroplasticity to develop a growth mindset.
- Failure is part of the learning journey.
- Humans are adaptable and can improve.

- **Prioritize**

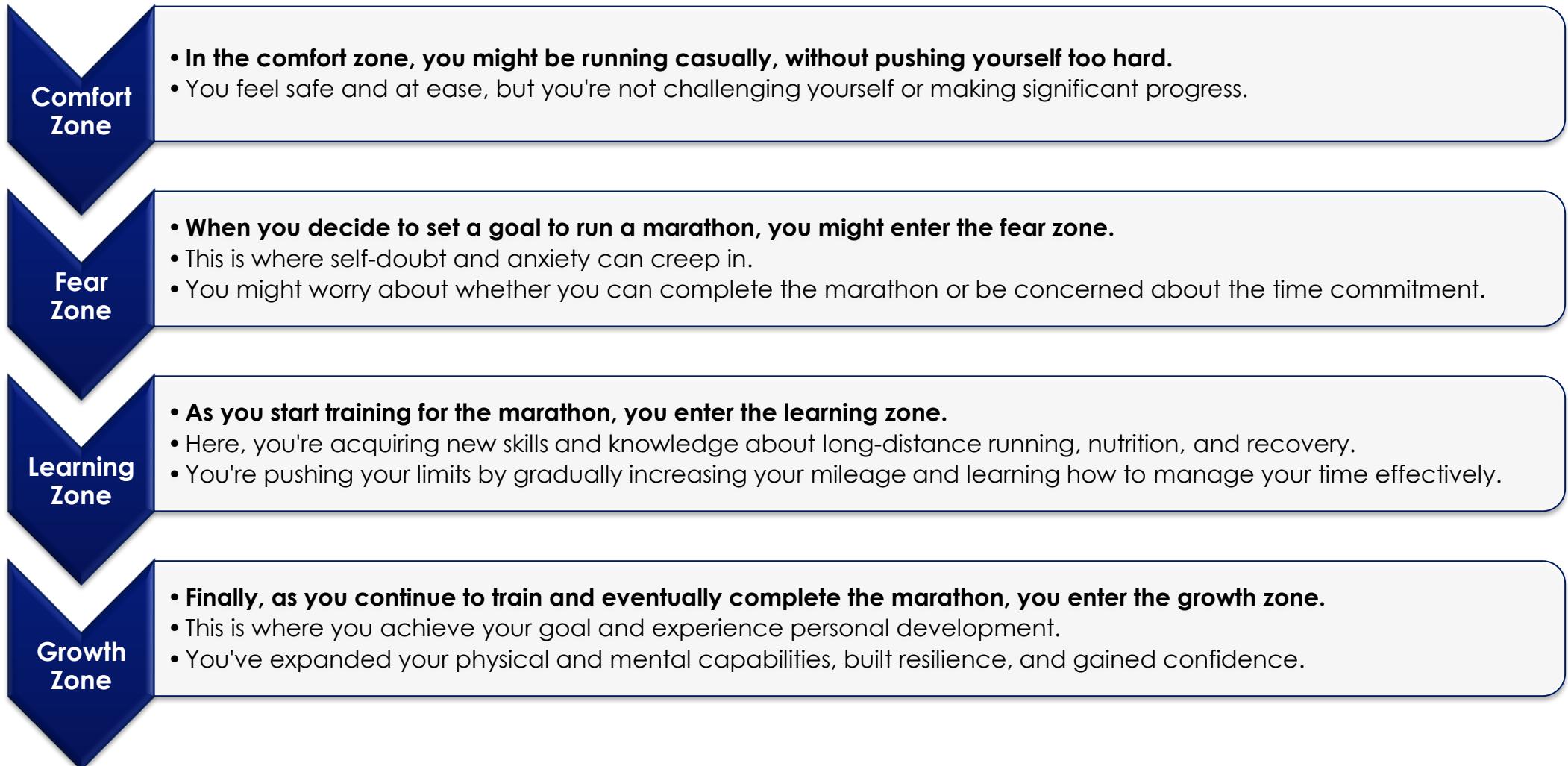
- Comfort zones aren't always bad.
- Identify areas where being too comfortable is harmful.
- Focus on goals that matter most to you.

- **Small Steps**

- Take small, planned steps to leave your comfort zone.
- Progress doesn't mean being reckless.
- Foster self-awareness and assess boundaries.



# COMFORT VS. GROWTH





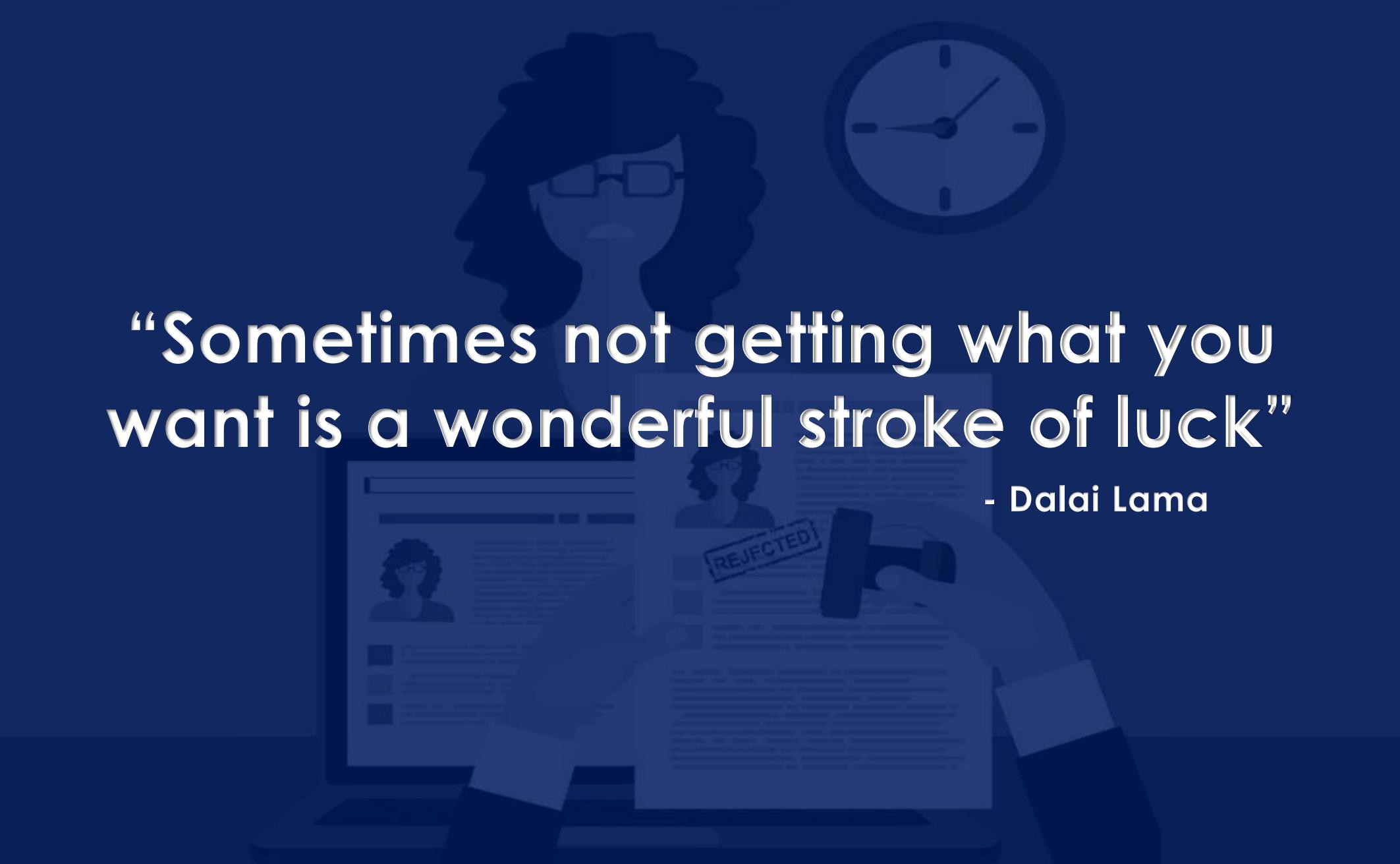
REJECTION IS  
REDIRECTION

# WHAT WE GAIN WHEN WE “LOSE”

- Whether it is from family, friends, co-workers, romance, or a new company  
**REJECTION HURTS!**
- Instead of viewing rejections as failures, they can be seen as **opportunities for growth** and a shift towards a better path or outcome.
- Look at situations differently and begin searching for the blessing in disguise.
  - **Treat Yourself With Compassion**
  - **Don't Let Rejection Define You**
  - **Turn Your Focus To Your Strengths**
  - **Find The Lesson In Rejection**
  - **View Rejection As Getting Outside Your Comfort Zone**



Every “**NO**” is a  
step closer to  
the right “**YES**”



“Sometimes not getting what you want is a wonderful stroke of luck”

- Dalai Lama

A dark blue background featuring a silhouette of three people on a mountain peak. One person is holding a trophy, another is standing with hands on hips, and the third is raising their arms in triumph. The background is a dark, hazy landscape.

PASSION FUELS  
YOUR PROGRESS

# LEADING WITH PURPOSE



- **Leadership** = using your skills to elevate others
  - Leadership rooted in service can lead to a massive impact.
- Serve With Intention
  - **“We create inclusive communities for a more peaceful world in which to make a life, by developing leaders, uniting members through friendship and rendering service to all.”**
- Protect your passion like your goals depend on it - **because they do.**



**What legacy do you want to leave?**

# FUEL YOUR FIRE

- After moving, I had to redefine joy - not based on friends, trends, or social media, but on what actually made me feel alive.
  - Graphic Design → branding business.
  - Painting, Gym, Yoga → became my recharge (mental & physical wellness).
- **IKIGAI: Your reason for being - where what you love, what you're good at, what the world needs, and what you can be paid for intersect.**
- Don't wait to "find" balance - build it.
  - Actively carve space for joy in your life, not just rest.

Passion fuels progress.  
Purpose sustains it.





**START TODAY,  
NOT MONDAY**

# HABITS FOR SUCCESS

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- **Block Time Like it's Sacred**
  - Treat goal time like a class or meeting you can't skip.
- **Keep a "Daily Wins" Journal**
  - Even on your worst days, write *one* thing you did right.
- **Adopt the "2-Minute" Rule**
  - If it takes less than two minutes to do, do it **NOW**.
- **Habit-Stack Like a Pro**
  - Anchor new habits to existing ones to build routine.
- **Create a "Done" List, Not Just a "To-Do"**
  - Give yourself credit for what you're doing / you've done.



**Good habits start  
TODAY, not MONDAY**

# FINAL TAKEAWAYS

- ✓ **Dream Big. Start Smart.**

*Every big dream starts with one clear, intentional step.*

- ✓ **Leave Your Comfort Zone**

*Growth doesn't happen where it's easy - it happens where it's new.*

- ✓ **Rejection is Redirection**

*A 'no' today might be the 'yes' that changes everything tomorrow.*

- ✓ **Passion Fuels Progress**

*What lights you up will carry you further than any checklist ever could.*

- ✓ **Start Today, Not Monday**

*The perfect time is a myth - progress starts the moment you decide to.*

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**THANK YOU!**

DO YOU HAVE ANY QUESTIONS?

*Olivia Wright*