

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

Set and Break-Down SMART Goals Into Actionable Tasks

Embrace Challenges and Step Outside Comfort Zones

Turn Rejection Into an Opportunity for Redirection

Balance Personal Passions With Professional Growth

Discover Habits/Strategies to Stay Organized & Motivated



DREAM **BIG** START **SMART**

SPECIFIC → **M**EASURABLE → **A**CHIEVABLE → **R**ELEVANT → **T**IME-BOUND

WHAT ARE SMART GOALS?

S

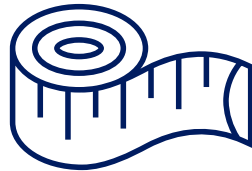
SPECIFIC



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

M

MEASURABLE



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

A

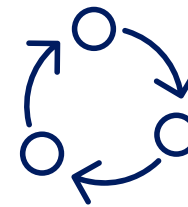
ACHIEVABLE



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

R

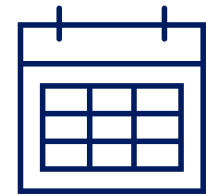
RELEVANT



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

T

TIME-BASED



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

HOW DO I SET SMART GOALS?

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**





LEAVING YOUR COMFORT ZONE

STEPPING OUT OF YOUR COMFORT ZONE

BENEFITS OF GROWTH

WHY?

- **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.



Abraham Maslow's Hierarchy of Needs

STEPPING OUT OF YOUR COMFORT ZONE

TIPS FOR SUCCESS

- **Reframe Stress**

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

- **Understand Neuroplasticity**

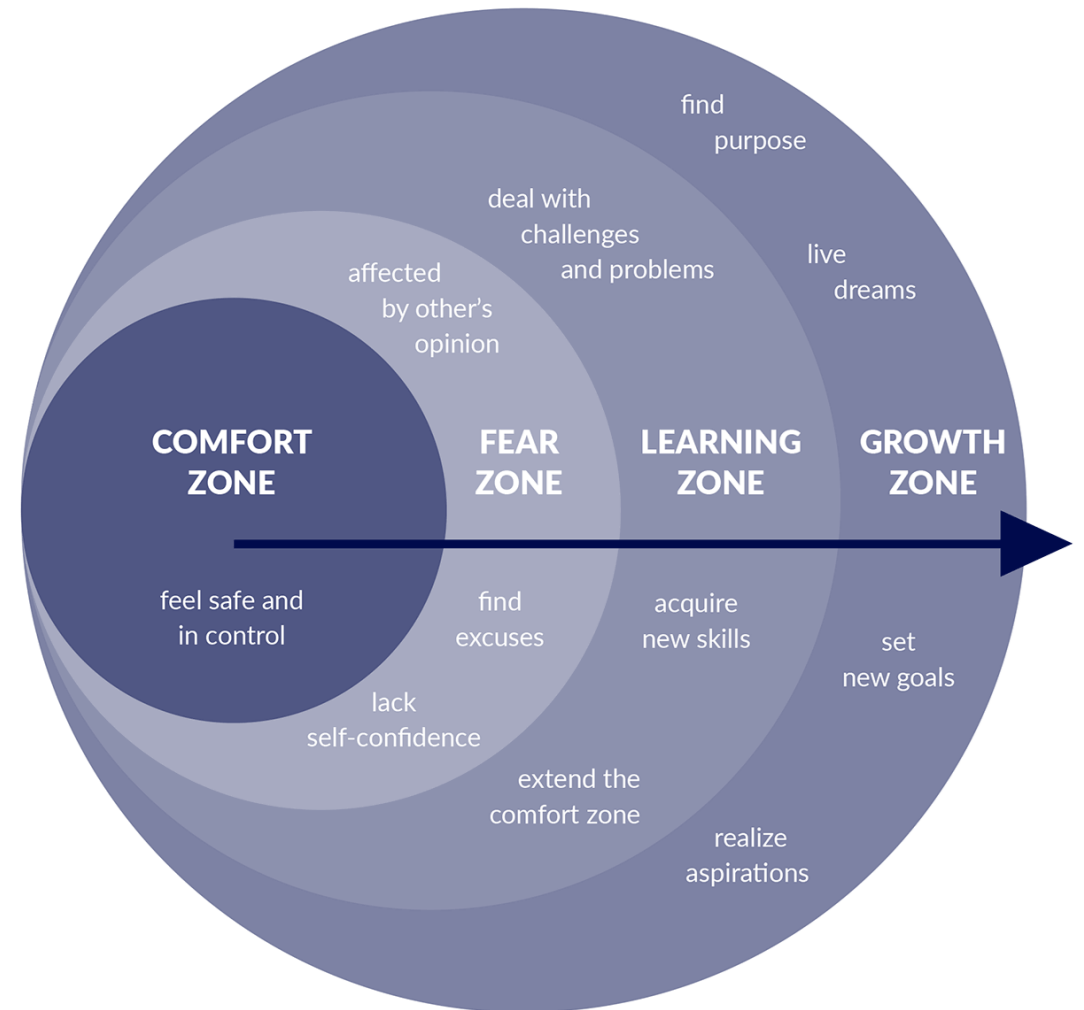
- Embrace neuroplasticity to develop a growth mindset.
- Failure is part of the learning journey.
- Humans are adaptable and can improve.

- **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

Comfort Zone

- **In the comfort zone, you might be running casually, without pushing yourself too hard.**
- You feel safe and at ease, but you're not challenging yourself or making significant progress.

Fear Zone

- **When you decide to set a goal to run a marathon, you might enter the fear zone.**
- This is where self-doubt and anxiety can creep in.
- You might worry about whether you can complete the marathon or be concerned about the time commitment.

Learning Zone

- **As you start training for the marathon, you enter the learning zone.**
- Here, you're acquiring new skills and knowledge about long-distance running, nutrition, and recovery.
- You're pushing your limits by gradually increasing your mileage and learning how to manage your time effectively.

Growth Zone

- **Finally, as you continue to train and eventually complete the marathon, you enter the growth zone.**
- This is where you achieve your goal and experience personal development.
- You've expanded your physical and mental capabilities, built resilience, and gained confidence.

A hand with fingers spread, reaching out towards the viewer. The hand is semi-transparent and overlaid on a dark blue background. In the background, there is a blurred image of a crowd of people, suggesting a public setting or a group of people. The overall mood is one of reaching out or seeking connection.

**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

**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

- **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