

**This I believe Speech**

This speech will help you to understand yourself a bit deeper by analyzing your underlying beliefs and their external impacts

**Student's Name: Kaiti Shannon**

**R110 Section No: 123Speaker’sLabTeam**

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**Instructor's Name: Speaker’s Lab**

**Title of Speech: Let’s Get Uncomfortable**

**Thesis Statement:** We grow most when we are uncomfortable. This is something that I’ve not only grown up learning and believing but is also something that has changed me in my personal life, and I hope will impact you as well.

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| **LEFT COLUMN***label speech functions* | **MIDDLE COLUMN*****content of speech******use complete sentences*** | **RIGHT COLUMN***Label physical behaviors* |

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| Attention TIACredibilityThesis | **INTRODUCTION**1. Let’s all get uncomfortable, shall we? “Life Begins at the end of your comfort zone”, a quote by Neale Donald Walsch, is something I firmly believe (Trettenero).
2. But you all might not, I mean, after all, who here likes leaving their comfort zone? I’m going to guess very few of you woke up this morning and told yourself “Yes! Today I will intentionally do things out of my comfort zone just for the sake of personal growth!” Few of us truly like being uncomfortable. However, because each of you is here in this classroom today, it means you did go out of your comfort zone. I mean, going to college, transitioning from your old lifestyle, that takes getting out of your comfort zone. So congratulations! You’re well on your way.
3. Through my own experience, as well as psychological and social research on the science behind leaving our comfort zones to grow, I am qualified to tell you that:
4. We grow most when we are uncomfortable. This is something that I’ve not only grown up learning and believing but is also something that has changed me in my personal life, and I hope will impact you as well.
 | \*pause and make it awkward for a second to get their attention\*Gesture to audience |
| Main PointSub-PointSub-Sub-PointSub-Sub-PointSub-PointSub-Sub-PointSub-Sub-Point | **BODY**1. As I grew up, I was pushed to go out of my comfort zone. And, while it is common for all children to grow up learning hard lesson, was especially hard for me.
	1. You see, I was very shy and quiet as a girl, and I was pretty unwilling to do anything that involved speaking in front of others, meeting new people, or doing anything I was uncomfortable with.
		1. I’m not the only one who has experienced that either, for an article called “The Comfort Zone and Personal Growth” explained that we enjoy our comfort zone because it is predictable, there are patterns, and we have control. That’s why it’s called the “comfort” zone because we find comfort in an environment with a lack of stress and anxiety (Trettenero).
		2. Despite my love of comfort, however, my parents both forced and encouraged me to do small things to push me out of this comfort zone. From ordering my own food at restaurants to joining new clubs, I slowly grew through the discomfort.
	2. As I grew older, I started to do more things that pushed me out of my comfort zone.
		1. You’ve all felt it, right? Those butterflies in your stomach that feel more like daggers than sweet flower-loving insects? That feeling hit me as my shy little self walked into my first 4-H meeting. But the people there were extremely kind and I kept going back.
		2. Through this club I was able to meet new people and do different projects that I chose for myself, like a Public Speaking and Demonstration Project, as well as Performing Arts, to truly get me out of my comfort zone. Despite that nagging feeling in my stomach, I got up and gave speeches and performed onstage. It was terrifying, but so, so worth it.
 | Point to myselfChange slide |
| Transition | At this point, I understood that going out of my comfort zone was valuable for me, and it started to have its fruits in my life. |  |
| Main PointSub-PointSub-PointSub-Sub-PointSub-Sub-PointSub-Point | 1. I started to do more and more things that pushed me out of my comfort zone, helping me become a better leader and decide what I wanted to pursue in my life.
	1. I became a leader in my 4-H club, not because I was super amazing at anything, but because I’d stuck around and put myself in uncomfortable positions and continued to pursue them. The position I held then was something I never would have gotten to if I hadn’t pushed myself to go out of my comfort zone. It also helped me become a better leader, for as an article by Bill Treasurer explains, a leader has to model a willingness to move into places of discomfort for them for those around them to be willing to do so as well (Treasurer). This was true for me and continuing to be put in leadership positions and help out around my club, scary though it was, helped me grow from it and model this style of leadership to those around me to become a better leader.
	2. Slowly, getting out of my comfort zone showed me what I wanted to do with my future.
		1. In 4-H, I had continued to pursue Public Speaking projects, as well as the Performing Arts one, where I had slowly but surely been growing in my speaking and performance skills. I kept getting up on that stage even when it was scary, and I started placing first and winning prizes.
		2. Through these experiences, I knew what I wanted to study in college. Communication Studies as my major and a certificate in Theatre and Performing arts.
	3. If I hadn’t gone out of my comfort zone in the past, I never would have gotten to where I am today knowing what I want to pursue in college. I never would have had leadership positions or seen my potential as a speaker. I would have stayed comfortable, and, while that’s nice, I would not have grown.
 |  Change slide |
| Transition | So what does this mean for all of you? How can you get out of your comfort zone? |  |
| Main PointSub-PointSub-Point | 1. If we were to get out of our comfort zones more, we would experience so much strength and growth. It will also enable us to pursue our goals.
	1. An article titled “The Only Time You Are Actually Growing is When You’re Uncomfortable” explains just that. Difficulty helps us grow and learning to be comfortable through discomfort is one of the greatest skills we can learn. The author says, “If you learn this skill, you can master pretty much anything” (Oppong). This allows us to grow and pursue our goals! Just like me with how I learned what I wanted to pursue in college by getting out of my comfort zone in high school, you could learn the same thing!
	2. Additionally, in an article by Sujan Patel, trying new things actually opens new pathways in your brain that help you remember things and become more creative! (Patel).
		1. Being able to be more creative allows us to be willing to explore new things and learn what we like. This can help us pursue new goals and explore things we never would have before. And it can be fun in the process!
		2. Also, it’s just plain ol’ good for your brain! Like our parents always said, “Just try it! It’s good for you!” it really is!
 | Change slide |

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| Review of Main PointsClincher/tag/exit line or Final Appeal | **CONCLUSION**1. Getting out of comfort zones is something that is hard, but it’s something that was instilled in me from a young age and doing so helped me grow and learn what goals I want to pursue. And now you all know how getting out of your comfort zone can help you!
2. So, do something new today! In a safe way, of course. Get uncomfortable! It’s worth it, I promise.
 | Point to audienceBe enthusiastic!  |

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Works Cited

Oppong, Thomas. “The Only Time You Are Actually Growing is When You’re Uncomfortable.” *Medium*, July 2017, https://medium.com/the-mission/the-only-time-you-are-actually-growing-is-when-youre-uncomfortable-33198a619ab0. Accessed 2 April 2020.

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Treasurer, Bill. “Purposeful Discomfort: How Leaders Encourage Growth Through Discomfort” *Association For Talent Development,* Aug. 2014, https://www.td.org/insights/purposeful-discomfort-how-leaders-encourage-growth-through-discomfort. Accessed 2 April 2020.

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