



Taking the Leap

***The Mindset Shift you NEED to get
OUT of your Comfort Zone and
achieve your Career Dreams***

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Mindset Coach***

A little about me...

- *25+ years as a CPA*
- *Worked in various industries, and companies and firms of different size*
- *Passionate coach who helps professionals get “unstuck”, leave their comfort zone, and pursue their dream goals*



Mindset framing exercise:

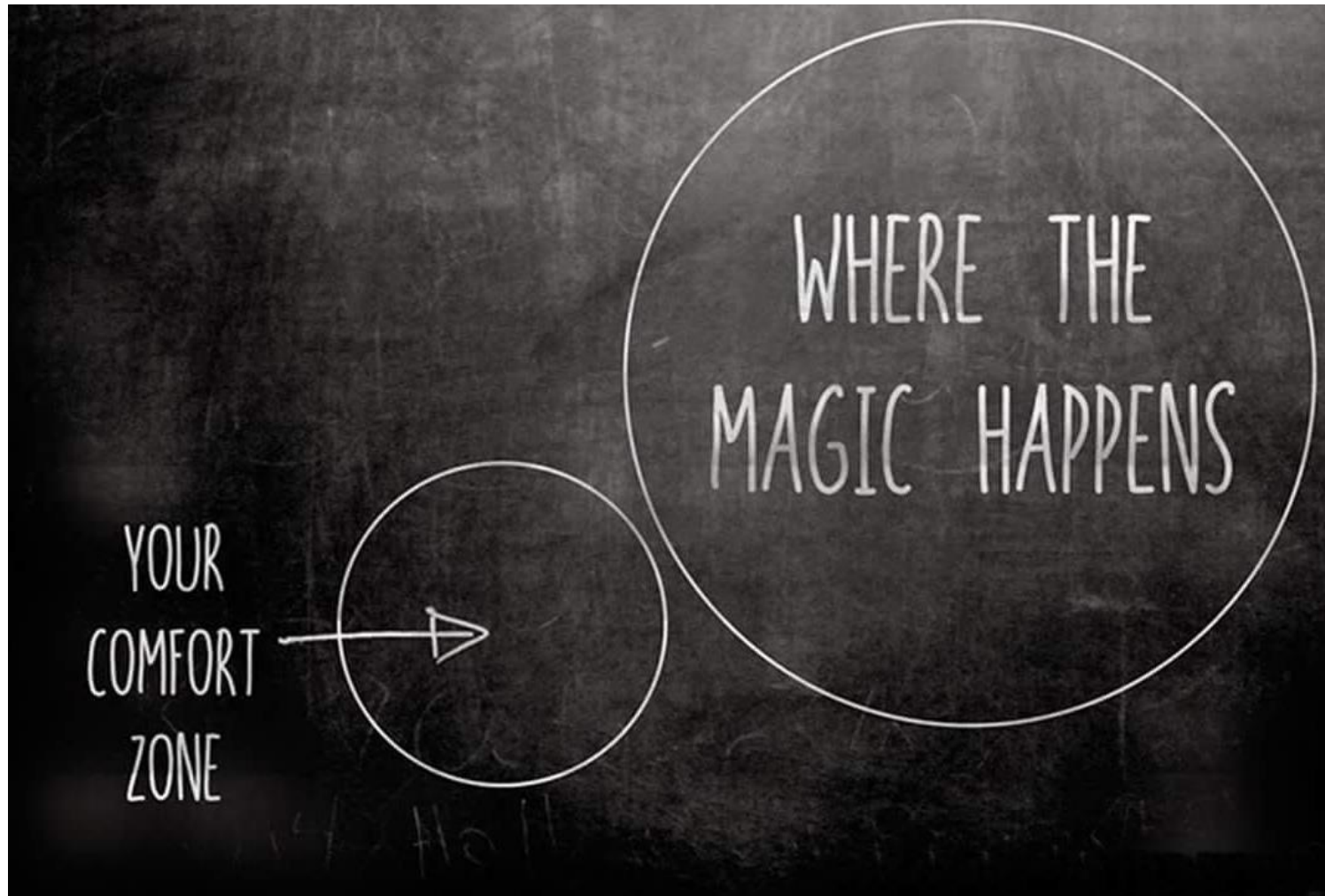
*What 3 things would
make next 12 months
the best year ever?*



Let's be honest...

- 1. Are you doing the work that you want to be doing?***
- 2. Are you stretching and challenging yourself? Or are you bored and dissatisfied?***
- 3. Is your mind open to all your possibilities?***





*“Choose
Courage
over
Comfort”*

~ Brene Brown



What holds us back from taking leaps in our career?

1. *Fear*
2. *Other people's opinions*
3. *Limiting beliefs*
4. *Leaving the Comfort Zone*

Does FEAR hold us back from taking the leap?

- Fear of Failure
- Fear of looking stupid or foolish
- Fear of Success

- How do we combat fear...take action. It gets easier with practice!
- Choose Faith over Fear

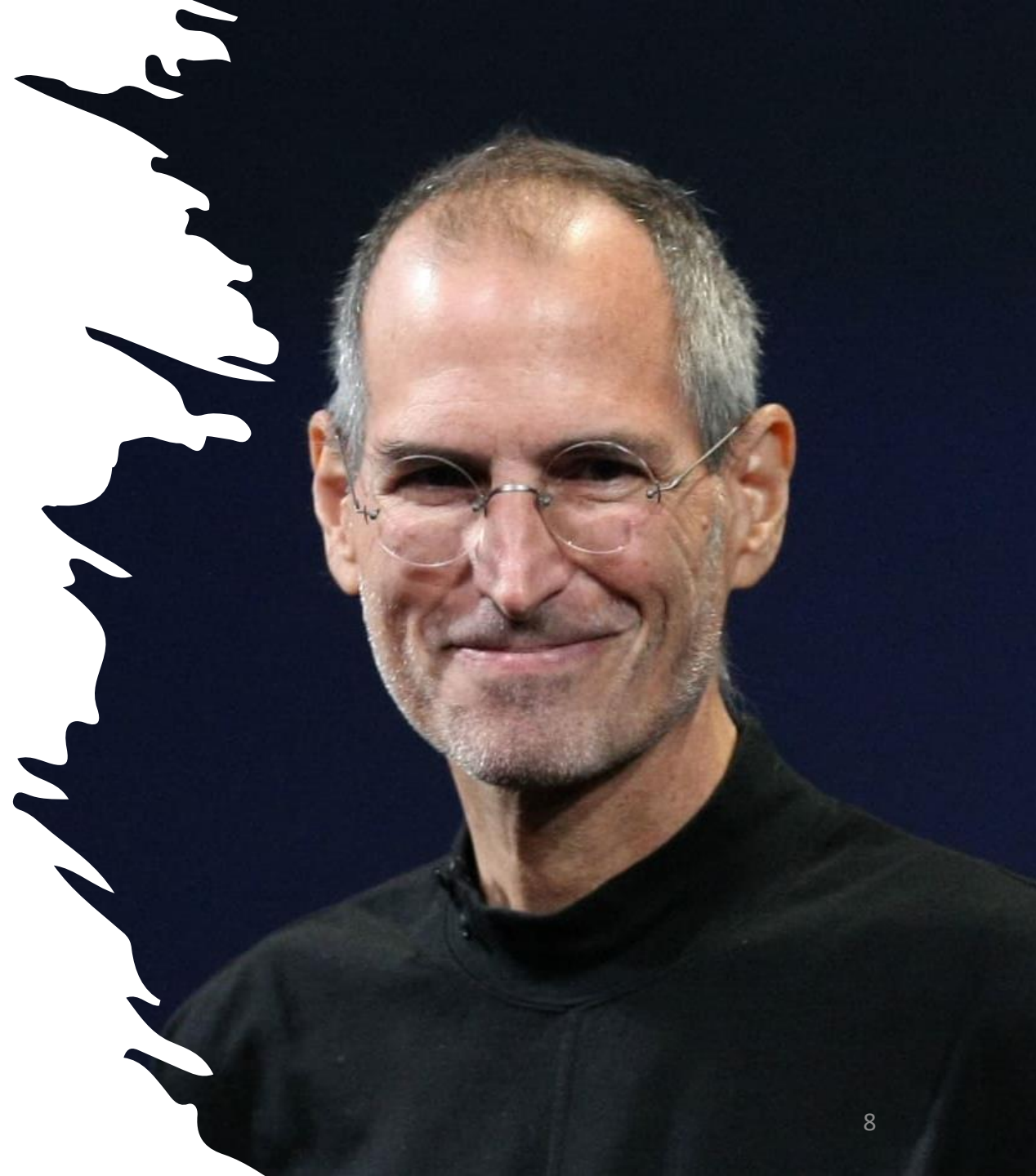
“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.”

~ Eleanor Roosevelt



***“Don’t let the noise of
others’ opinions drown
out your own inner voice,
heart, and intuition.”***

~ Steve Jobs





Limiting Beliefs... Hold us back

- 1. I don't have experience*
- 2. I'm not sure I can do this*
- 3. Am I too old? Too young?*

A large rocket is shown launching diagonally from the bottom right towards the top left of the frame. It is surrounded by a massive, bright orange and yellow flame and smoke plume. The background is a deep blue sky filled with scattered white clouds.

NOTHING is small about you,
so STOP thinking SMALL

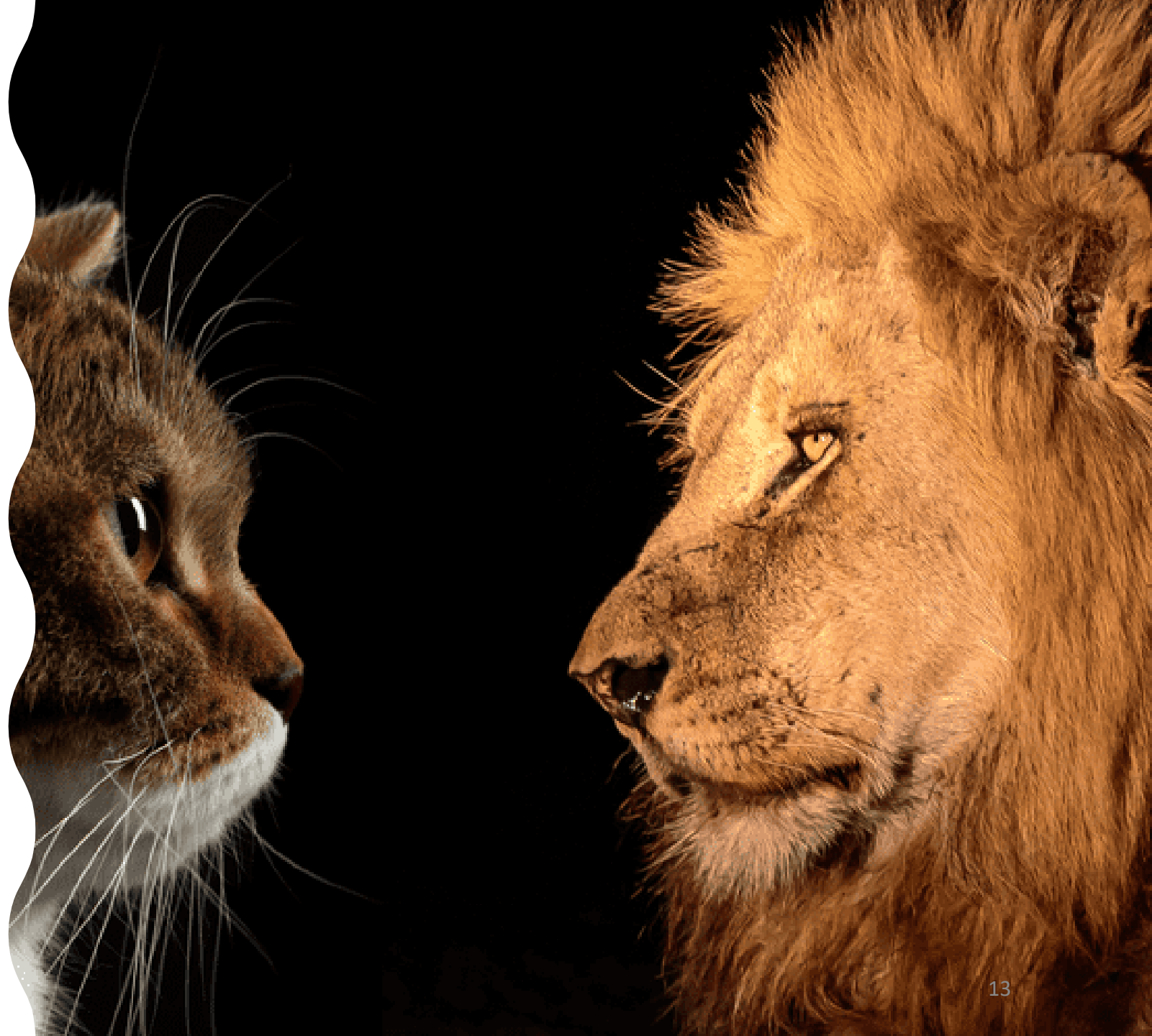
Think BIG



***Your Comfort
Zone is like...
an old pair of
shoes...***

Poll Question #1:
**What holds us back from
taking leaps?**

***What
mindset
shifts do we
need to take
the leap?***





- *We question ourselves due to insecurities*

- *Our old stories control us*



Letting Go Exercise:

- *Write a letter to yourself*
- *Burn the letter*

Mindset RESET:

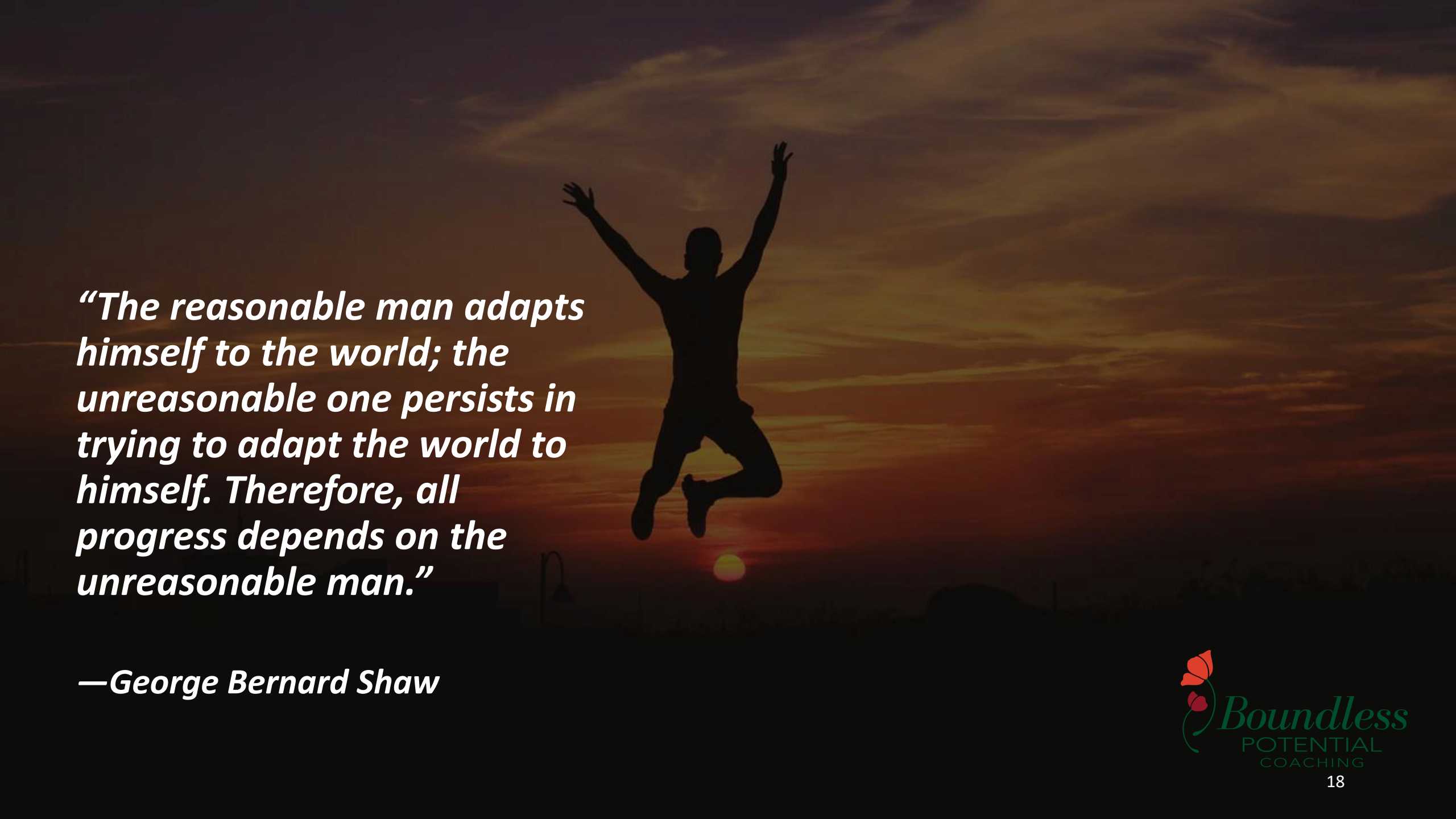
- ***Our success is 95% mindset and 5 % strategy***
- ***Our thoughts and words have HUGE impact on our results***
- ***Make positive thought deposits to increase our mindset account.***
- ***Negative thoughts reduce our mindset account.***
- ***Cancel negative thoughts immediately and replace with the opposite positive thought***
- ***Today's self-talk equals tomorrow's facts***





Relaxation Exercise:

- ***Relax!***
- ***Use your imagination, one of your greatest faculties***
- ***Every idea is created twice***
- ***Gift to you and your dream***

A silhouette of a person jumping with arms raised in a celebratory gesture, set against a dramatic sunset sky with orange and yellow clouds. The sun is visible as a bright orange circle near the horizon.

“The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man.”

—George Bernard Shaw

Poll Question #2:
**What mindset shifts do we
need to make to take a
leap?**

***How can we feel
more confident
making a big
change?***





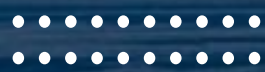
Every Van Gogh was an amateur at one point.



*When making big changes,
it's more like a crock pot than
microwave most of the time*

- ***Take at least 1 action step each day toward taking the leap. Action takes you out of doubt.***
- ***Record your Wins daily***





Jill's story

- *Pharmacist for over 30 years*
- *Time for new chapter in her life*
- *Listened to her soul, "to NOT just EXIST, I want to LIVE!"*
- *Lives in this lighthouse*
- *Purpose: preserve the lighthouse, foster kids' interest to learn about lighthouses*



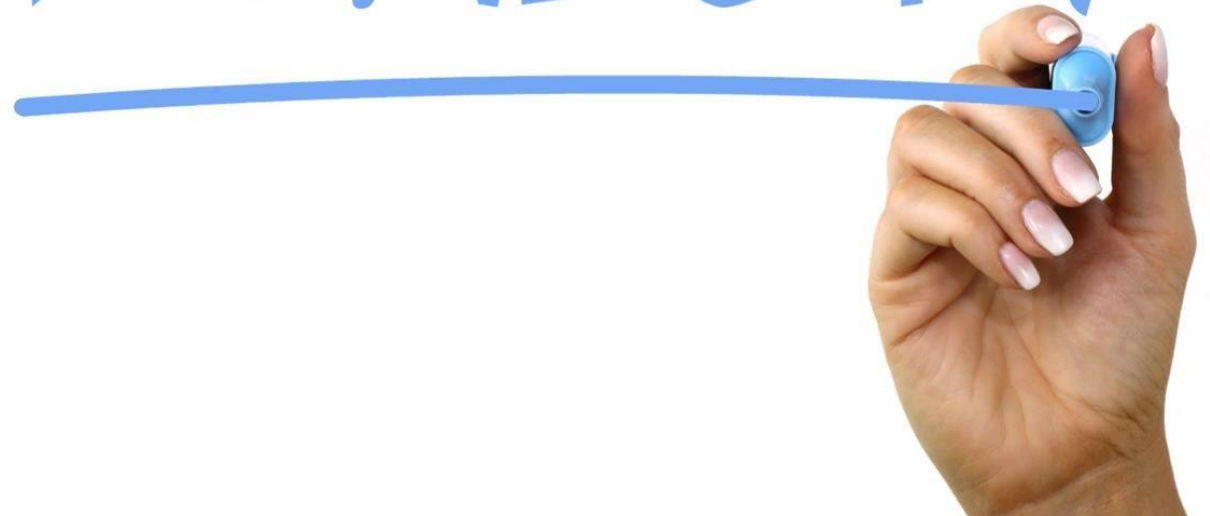
Poll Question #3:
**How can we feel more
confident about making a
big change?**

***What support
do we need to
take the leap?***



- *Some people may think you are crazy*
- *Don't internalize negativity*
- *Focus on your big goal*
- *Protect your mind*

HONESTY





***“People don’t resent
you for being brave.
They resent themselves
for being afraid.”***

~ Darren Hardy

Some closing thoughts...

- **LIVE** in groups and communities that encourage you to grow
- **Do** your research but **DON'T** procrastinate
- **Discuss** your goal with people that support you



Poll Question #4:
**What do we do if people
don't support our big leap?**

YOU DECIDE:

ONE DAY

OR

DAY ONE

My Gift to you Complimentary Discovery Session

Are you ready to Take the Leap?



calendly.com/boundlesspotentialcoaching



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