



Challenge Yourself to Step Out of the Norm

Presentation Script (7 minutes)

Slide 1: Title – Challenge Yourself to Step Out of the Norm

Good [morning/afternoon], everyone.

Let me ask you: *Have you ever felt like you had to follow someone else's plan?* Maybe it was your parents' expectations or society's version of success.

What if today, you chose something different?

What if you let your **dreams** guide you?

Today, I want to share why it's powerful—and necessary—to challenge yourself to step out of the norm. We'll take inspiration from Khanh Vy Tran's journey, who chose passion over pressure.

Slide 2: Why This Matters to You

Khanh Vy was expected to follow a traditional path—her parents wanted her to attend the police academy. But she chose a different road and built a career in media.

This kind of decision is not easy—especially for young people. Psychologist Erik Erikson says adolescence is the 'identity stage,' when we ask: *Who am I?*

Khanh Vy once said, "*My parents expected me to have the same path.*" That's a pressure many of us know.

But here's the truth: staying on the 'safe' path might keep others happy—but it might not make **you** fulfilled.

Slide 3: Unlock Your Potential

So why should you care?

Because stepping outside your comfort zone is how you grow.

When you try something new—whether it's learning a language, joining a club, or speaking up in class—you build confidence, resilience, and life skills.

A 4-H youth study found that taking risks in safe environments leads to real gains in adaptability and creativity.

You become more than you thought you could be.

Slide 4: Overcome Common Fears

Now I know what you're thinking: *What if I fail?*

That fear is normal. But research from Cornell University shows that stepping into discomfort actually increases your motivation and growth.

Think about this quote from Tony Robbins: "*If you do what you've always done, you'll get what you've always gotten.*"

Playing it safe keeps you in the same place.

Your future depends on trying new challenges—even when they feel uncomfortable.

Slide 5: Find and Pursue Your Spark

So how do you start?

Step one: **find your spark**—the thing that excites you. For Khanh Vy, it was media. For you, it might be music, coding, debate, or volunteering.

Step two: **take small challenges**—join a club, lead a project, try something that stretches you.

Step three: **own your voice**. Khanh Vy once hid her real voice to please producers. Later, someone told her: *"That voice was part of you. Why did you deny it?"*

Your quirks, your passions—those are your power. Use them.

Slide 6: Adopt a Growth Mindset

Stepping out means making mistakes—and that's okay.

A growth mindset means viewing failures as feedback, not defeat.

When Khanh Vy's early work didn't land, she adjusted. She didn't quit.

Every setback is a setup for a comeback.

Remind yourself: *"I'm learning. I'm growing. I'm becoming who I'm meant to be."*

Slide 7: Expand Your Horizons

Once you start stepping out, don't stop.

Try new environments—travel, visit new places, meet different people.

Khanh Vy's success came when she explored things *outside* her original plan.

Each new step builds your stamina—mentally, emotionally, creatively.

In life, that makes you ready for anything.

Slide 8: Achieve More, Be More

So what do you gain?

You build **confidence**—each risk you take strengthens your belief in yourself.

You build **resilience**—you bounce back faster from failure.

You open doors—by standing out, you get opportunities others miss.

Like Khanh Vy, you stop living for approval and start living with purpose.

Slide 9: Your Future Self

Five years from now, how will you feel looking back?

Will you say, "*I stayed safe,*" or "*I'm proud—I took a chance*"?

When you step out, you don't just grow—you inspire.

Friends, siblings, classmates—**they** see your courage and realize they can do it too.

Slide 10: Take the First Step (Call to Action)

So now, it's your turn.

What is *one small step* you will take this week to challenge yourself?

Maybe it's signing up for something new. Raising your hand in class. Telling someone your idea.

Whatever it is, make it real: write it down, tell a friend, start now.

Your journey beyond the norm starts with that first step.

And remember: *don't deny yourself*.

Embrace who you are—and chase what you love.

Slide 11: References and Thank You

Thank you for listening.

Here are a few key references that supported today's talk:

- TEDxVinschoolHanoi: Khanh Vy Tran's Talk
- Harvard Summer School Blog (2024) – *Leaving Your Comfort Zone*
- Cornell Chronicle (2022) – *Discomfort and Growth*
- Psychology Today (2023) – *Why Stepping Out Promotes Learning*
- MSU 4-H Youth Study (2021) – *Benefits of Safe Risk-Taking*
- Verywell Mind (2023) – *Erikson's Psychosocial Theory: Identity Stage*

I hope this inspires you to take that next bold step. Your journey starts now.

Thank you.