

## **The Secret of Self-Discipline: Informative Speech Outline**

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**General Purpose:** To inform.

**Specific Purpose:** To inform my audience how to apply self-discipline in order to get out of one's comfort zone.

**Central Idea/Preview:** In order for one to step out of one's comfort zone is to focus on the task/situation at hand, realize the potential improvement one will gain by such an experience, and give it one's all by just simply doing what they do at that given moment.

**Object:** PowerPoint

**Organization Pattern:** Topical

### **Introduction**

- I. Attention Getter:** Think about it. You walk into this room, where you are expected to present a certain skill of some sort... Now, this room can be a theater, a restaurant, a gym, a classroom... And in this room, there are people who you know are way more better than you, and most likely more experienced than you with that particular skill, which you may also have to present in front of many others. You get nervous, and you feel out of place.
- II. Relate to the Audience:** How many of you were placed in such a situation before? [Pause] I'm pretty sure everyone has, including me.
- III. Establish Credibility:** I attended dance classes at my local dance studio for four years, throughout my high school career, back home. Being considered older than most students though, I was placed in the higher level dance classes with dancers who have been dancing since they were able to walk, whereas I started when I started high school. Most of them being way more talented than me. It was intimidating. Throughout ALL four years, every time I had class every week, I was placed out of my comfort zone. But dancing is something I love doing, and what I wanted to continually enjoy without constantly being felt out of place. So during my four years of being a dancer, I've learned of ways on how to deal with my discomfort, which I practiced during every class.
- IV. Preview:** So, along with some additional research, today I will tell you three of those ways on how to overcome a situation when you, yourself, may be are placed out of your comfort zone, which are 1) keeping a steady focus on the task/situation at hand 2) think about the thoughts of potential personal improvement 3) and always be giving it your all.

[So before doing anything else, you must first, focus on the tasks at hand.]

### **Body**

- I. Main Point:** You must know what you want to do, or at least what you are going to do, before you even do it.
  - A. Sub-Point:** It is very easy to get distracted, so this is the first mental skill one must really practice.

1. **Expert Testimony:** Especially when it comes to dancing with people who you know are obviously better and more experienced than you, you find yourself constantly comparing how you are to them, causing you to lose your own focus on what you actually should be doing. Written in a dance research journal titled “Concentration of Modern Dancers While Performing Balancing Tasks,” “one must be able to focus attention to a purpose, a motive, or an intent and simultaneously remove what is nonessential. To a dancer, concentration is the discovering of a personal awareness of movement, a kinesthetic awareness of the human body (internal focus).” Which in other terms, it is okay to observe others in order to know where you want to be, but do not lost your own focus on yourself, in envy, as you work to get there.

[Secondly, thinking about the potential for personal improvement is what you also have to keep in mind.]

- II. **Main Point:** Knowing that every time you do something, you gain more experience and get better at it.
  - A. **Sub-Point:** Then, you are able to realize a benefit, which will help you to step out of your comfort zone.
    1. **Expert Testimony:** According to Richard Powers, a 40-year, full-time historic and contemporary social dance instructor at Stanford University’s Dance Division, “the most [concise] definition [that he] know[s] for intelligent dancing: [is] a highly active attention to possibilities.” Realizing those possibilities that you will improve in a certain skill when you do it, will build up your confidence to actually do it, which will make stepping out of your comfort zone a little bit more easier. And knowing that one dance move will only get better with practice.

[Lastly, when trying to get out of your comfort zone, you just have to give it your all.]

- III. **Main Point:** Giving it all you got will make you believe that at least you can say you gave it your very best.
  - A. **Sub-Point:** Knowing that the time to do something is now.
    1. **Expert Testimony:** Stated by Nichelle Suzanne, who holds a BA in Dance and founder/editor of the dance website, Dance Advantage, “Every dancer has something they’re reaching for, every dancer has something they’re good at, and every dancer has something to give. Every moment, at all times.”
  - B. **Sub-Point:** Especially when dancing, you should never hold back.
    1. **Peer Testimony:** It is important to know that good things happen when you’re giving it all you got, even though it may not be always perfect. Stated in an article titled, How to Get out Of That Weakest Link Mentality as a Dancer, “give yourself a second chance. No matter where you are, whether you’ve been dancing for years or just started, never give up and never hold anything back. Focus and work hard for what you want and stay hungry.” You should always be giving it your 110%, never less.

## Conclusion

- I. **Transition Signal:** To sum things all up, stepping out of your comfort can be a challenge, but most of it, is only a mental challenge.
- II. **Summary of Main Points:** Today I’ve talked about three ways that can help you to step out of your comfort zone in mostly any given situation, with just a little bit more confidence,

which are 1) keeping a steady focus on the task/situation at hand 2) think about the thoughts of potential personal improvement 3) and always be giving it your all.

- III. **Call to Action:** Overall, always believe in yourself, with anything you do. Which can be auditioning for an important role in a play, going out on a first date with a beautiful stranger, trying out new workouts at the gym, or even learning how to give an adequate speech in a classroom...
- IV. **Memorable End:** In a sense, “dance like nobody’s watching.” Because no one is really judging. The only person you can disappoint, is yourself, and no one else.

### References

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