**Speaker:** Cherian Thomas

**Speech Type:** Toastmaster Speech

**Speech Preface:**

The speech below is written with the same style as the videos that you sent me. You can tweak this into more your style of speaking, but this should be a great baseline to what you are looking for. There is some humor in it, like the videos, if you want to change the humor please go ahead. I also added PARENTHESIS into certain areas where the speaking style should change, feel free to modify as you please.

**Speech:**

**Not so Comfortable Zone**

(Say with sarcasm) It was a Friday; I was sitting at my very own cubicle. I know a lot of you are jealous and are thinking, “what, she had her very own cubicle? How was she so successful at such a young age?”

(Say with seriousness and conviction) Now, before I go any further, (Insert MC name here) and fellow Toast Masters I had a friend that once told me something, his name was Chris Leger (that’s me, feel free tot ale this out) and this is what he said to me, “You should stand up to be seen,” He said that Charian every time you do that you should “speak out to be heard” and most importantly “you should sit down to be appreciated.”

Now my promise to you today is that I will be brief, but in this moment that I am sharing with you,I plan to inspire, motivate and empower you to take control of everything that you do and everything that you are.

(Back to sarcasm) Now, back to my sweet office job you all wanted to know more about. I know several of you think you probably had it pretty well in your 9-5 job, but not so fast there… at my sweet set up I was living the life. I had 45 minute lunch breaks………….. on Fridays, that’s when bossman wasn’t there. Oh, and did I mention we had the best set up for coffee, we had that real creamer, you know that kind that comes in different flavors that you need to keep in the refrigerator, not that powdery kind that no one likes. Yeah, I guess you could say I was living the American dream.

Then one day while I was “working” all the staff was called into the conference room, for … well… I guess a conference. There at the front of the room, kind of where I am standing today was this woman. She looked normal (whatever that means) and I had never seen her at our office before. The meeting started, and the second she opened her mouth it was like the angels were singing from above, or if you’re not into that kind of stuff, it was like out of her mouth came words, phrases, metaphors that were so fluent, flawless, facile and other “f-words” that simply state she spoke well… I had never heard someone speak this way. If you were to ask me today what she was talking about I couldn’t tell you. I was so enthralled with how she could draw all of us in with just her tone and flowing speech.

Who knows what that was talked about that day, all I know is from that moment forward I wanted to be like her, to captivate anyone with in ear shot of my voice, to be able to tell them a story about anything and for them to just be in awe. But wait, what was I thinking I was living the life at my 9 to 5? How could I just give that up? Was I going to have to venture outside of my comfort zone? I had known my comfort zone for so long though, and I doubt outside in the “not so comfortable zone” there wasn’t going to be free coffee with that good creamer.

You see, what I had realized is that I hadn’t been living my life with purpose, passion or conviction. I had simply just been going through the motions and doing something that was comfortable. I suppose the best way to put it is I was living my life on the sidelines. I had been watching all these other “normal” people playing full out and taking control of the game. I was so afraid though, how could I give something up; give my career up for something I knew little to nothing about? Speaking in front of thousands of people? Is that even a real job, how will I make money, what will my parents think? These were all questions flying through my head at a million miles an hour. Then I was reminded of something though, sometimes what looks like the end is really the beginning, the beginning of something new and brilliant.

I think what a lot of us struggle with is not realizing this life is not a dress rehearsal. This is our one and only shot. So many of us get caught up though, thinking well if I had more of “this”, or if I was only a little more “that”, then I would be able to do all those things. One thing I was reminded of, and keep reminding myself of is that everything I will ever need, is already around me, I just need to take the risk, take that step outside my comfort zone and grab it. I will let you all in on a little secret, each time you step outside your comfort zone it gets a little bigger, and before you know it that comfort zone encompasses a lot more things. Things that are only going to enrich your life, there are always opportunities around you to help you expand and grow, you just need to take that first step and take control.

Before I go I want to leave you all with one last thought. Hopefully this is what will inspire you to make that difference. Earlier I said that this isn’t a dress rehearsal, this is the real deal. Heaven forbid anyone of you out there were to die today, what would people say about you? What is your story? I can tell you what people would say about me. They would say Cherian lived life full out, she stepped outside her comfort zone, she didn’t live life on the sidelines. Now, I know that some of you out there may not be able to answer that today, but that’s okay. From today forward though, you have the ability, you are empowered to make those decisions. You don’t even have to take big steps in to that not so comfortable zone, you can take small ones. In the end though, it is you who chooses how to live your life. You can be one of two people. You can be the one working that 9 to 5 job and happy with your free coffee and 45 minute lunch breaks on Friday, or you can be that person who changes other peoples lives when they meet you. You have such a positive effect on people that they strive to change their own life, to take those steps outside of their comfort zone and push the limits.

I can tell you which path I took.

Thanks.