

find **your** maxx[®]

the
maxx you
project

Unleashing Your Maxx Workbook

This is your personal Maxx You workbook to continue to go after the life you've always wanted! Use it to continue to celebrate the work you've already accomplished and your **most authentic, unapologetic self**. Whether you want to go all in on a side hustle, take your creative expression to the next level, or anything in between, T.J.Maxx is here to help you get started.



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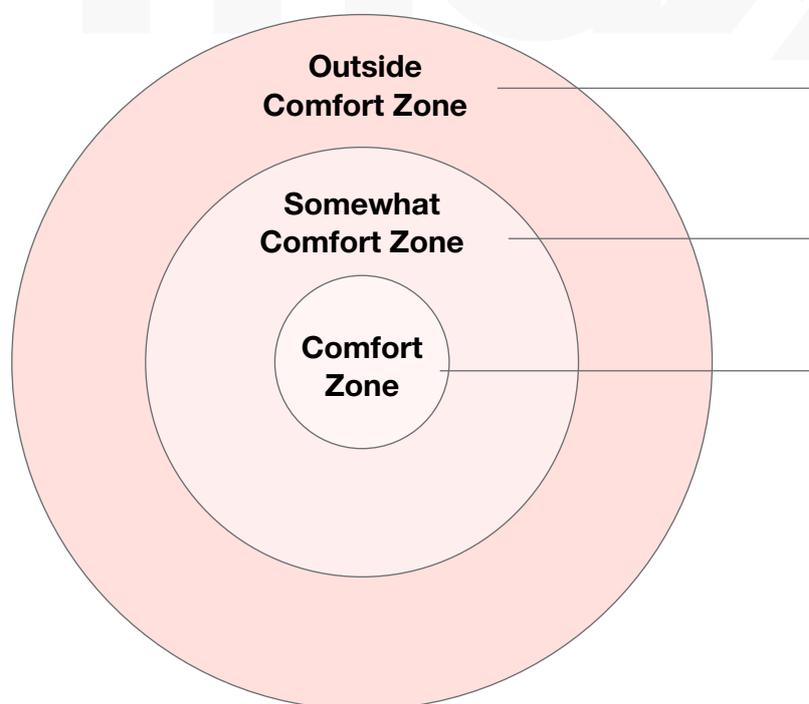
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One way to **Unleash Your Maxx** is to reflect on your comfort zone levels. Your **Comfort Zone** is where you feel safest to show up as your most powerful authentic self (e.g., with my friends, when I'm alone reading, doing the work that I love).

Your **Somewhat Comfort Zone**, however, is an area where you feel a bit comfortable showing up as your most unapologetic self. You feel comfortable enough to "do it anyway" but it's not the ultimate place of comfort (e.g., giving a speech at your family member's wedding, interviewing for a job you desire).

The **Outside Comfort Zone** is an area where you feel the least comfortable. These can be things that you've never experienced but might consider trying out and can also be areas that you don't want to experience (e.g., skydiving, becoming a forensic doctor).

Using the diagram below, list examples of what would be inside each of your comfort zone circles. Remember, **this is for you**. Something that's in one person's comfort zone may not be in yours. **It's up to you to decide.**



'Thank you' is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.

– Alice Walker



Vulnerability sounds like truth and feels like courage.



***Truth and courage aren't always comfortable,
but they're never weakness.***

— Brené Brown

Reflection

Need support getting started? Consider using these gratitude reflection prompts:

- The aspects I'm most grateful for about myself are ...
- What makes me feel out of my comfort zone?
- What positive risks do I want to take in the next 6 months?



Reflection



About The Maxx You Project

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The Maxx You Project began in 2017 as T.J.Maxx's ongoing initiative dedicated to helping women pursue their most authentic lives. Since its inception, The Maxx You Project has touched the lives of more than 160,000 women across the country through interactive experiences and programming that encourages women to be their most unapologetic selves.

About T.J.Maxx

As the nation's largest off-price retailer, with more than 1,200 stores spanning 49 states and Puerto Rico, T.J.Maxx helps empower shoppers to be their most unapologetic selves by offering an ever-changing selection of high-quality, on-trend brand name and designer merchandise at an amazing value.

For style tips, inspiration and more, visit us on Instagram at @tjmaxx, TikTok at @tjmaxx, Facebook at facebook.com/tjmaxx, Pinterest at pinterest.com/tjmaxx and Twitter at @tjmaxx. Visit tjmaxx.com or download the T.J.Maxx app to shop online and locate your nearest store.

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