



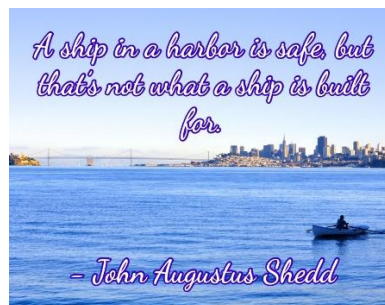
Feel the Fear and Do It Anyway!

More than 15 years ago I was introduced to the book, *Feel the Fear And Do It Anyway*, by Susan Jeffers, Ph.D., now deceased. However, the Susan Jeffers Organization continues, and the work Susan began is still as important today as it was back then. The impact this had on me cannot be fully expressed but, suffice it to say, it led to where I am today.

Since learning about the book, and later purchasing the audios of the book, I have shared this resource with more people than I can recall. In fact, I loaned my copies to people, some “forgot” to return those resources, so I stopped loaning the book and the audio set and just let people know about it instead. I guess that is a sign the resource was beneficial. 😊

If there is one thing I learned over the course of my career, it is that **staying in the comfort zone does nothing to support becoming the person you aspire to be.** This has been expressed in so many different ways. These are some of my favorites:

- 1) *Life begins at the end of your comfort zone.* [Neale Donald Walsh]
- 2) *Great things never came from comfort zones.* [Anonymous]
- 3) *The sooner you step away from your comfort zone you will realize that it really wasn't all that comfortable.* [Eddie Harris, Jr.]
- 4) *Sometimes we have to step out of our comfort zones. We have to break the rules. And we have to discover the sensuality of fear. We need to face it, challenge it, dance with it.* [Kyra Davis]
- 5) *In the absence of a challenge, there is comfort.* In the presence of comfort, there is no change. [Matt LeMond]



So, you may ask, what does this have to do with coaching? Sometimes stepping out of our comfort zone can be made easier when we share our fears and find support and encouragement to get us through the fear journey. What have you been afraid of that is holding you back? What will you look back on five or ten years from now and say you wish you had done? Even more

important, what will you regret a year from now, if you don't do it now? Time is precious and should not be squandered.

A coach can be an excellent resource to listen, guide, and encourage you through your journey. Reach out to me and let me know what is holding you back and let's start your journey together!

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