



THE *Courage* TO SEEK MORE

by *Lisa Sharp*

In the heart of every woman lies a boundless strength, a wellspring of potential waiting to be unsealed. Yet, many of us find ourselves nestled within the confines of what's familiar—our comfort zones.

It's a space where predictability reigns and uncertainty is kept at bay.

There's solace in the known, in routines and patterns that wrap around us like a warm, snug blanket on a chilly morning.

But beneath this cozy surface, there lurks a silent yearning for something more, a whisper of adventure that calls to our spirits, urging us to explore beyond the boundaries of our current existence.

Why do we stay curled up in these comfort zones, you may wonder?

Fear, my friends, is the warden of this prison. The fear of failure, of judgment, and the terrifying specter of disappointment keep us tethered.

We dread the thought of taking that leap, only to find ourselves falling. So, we stay, convincing ourselves that the dreams we harbor are best left as just that—dreams.

But what if I told you that stepping out of your comfort zone doesn't signify the abandonment of security, but the embrace of growth?

Every time we dare to venture into the unknown, we unlock a part of ourselves previously hidden. With each step, we build resilience, confidence, and a profound understanding of our capabilities.

Yes, the unfamiliar may be daunting, but within it lies the promise of transformation and the exhilarating chance to become more than we ever imagined.

Expanding our horizons is not merely about seeking new experiences—it's about rediscovering ourselves. It's about confronting the fears that whisper you can't, with a defiant yes, I can. It requires courage, yes, but remember, courage is not the absence of fear; it's the determination to move forward despite it.

To all the women standing at the threshold of change, feeling the pulse of longing for something different, something more—I urge you not to silence it.

Fighting the fear of moving forward is perhaps the most profound act of self-love. It's an acknowledgment that you deserve to chase those dreams, to live vividly and fully, in all the magnificent colors of your potential.



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So, take that step, however small, out of the confines of comfort. On the other side lies a world brimming with possibilities, ready to welcome you with open arms. Your journey beyond comfort could be the beginning of the most beautiful adventure—your own.

Change is not just a possibility; it's a promise. A promise of personal revolutions, of metamorphoses into who we are meant to be. And it all begins with the courage to say, today, I choose more.



Hi I'm **Lisa**. Shaman and REBT coach. I'm a mum of 3, grandmother to 4 and I've spent the last 26 years working with women from all backgrounds build a life by design. I facilitate human success stories assisting women to empower themselves with proven strategies utilising REBT and Shamanic Energy work. Watching a woman break out of the shackles her own self beliefs and opening up a whole new way of being is my passion and my purpose.

