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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Stretching That Comfort Zone

By Teri Mitchell

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Where is your "Comfort Zone"?

Every person on Earth has a comfort zone, whether it be in their personal life and/or their business life. I define this zone as "the place where one feels safe that is devoid of challenges or threatening circumstances".

When in business, this zone can be the determining factor of whether one succeeds or fails. It is very easy to get locked into that which is comfortable to us and just try to work a business within those boundaries. But it doesn't work, it doesn't stretch us to better our business or become the successful, enlightened person most of us want to be.

Again I ask, where is your "Comfort Zone"?

What part of working your business makes you most uncomfortable?

Is it still being done anyway?

For some it, is picking up the phone and making that business contact, or writing their first newsletter or setting short and long term goals and sticking by them or revising them as things change. For others, it might be talking person-to-person trying to network, or writing a vision statement of where they eventually want to end up or even asking someone to be their mentor.

Stretching That Comfort Zone

The first step to "stretching that comfort zone" is to replace the negative thought:

I can't...
I will fail...
Who will listen to me...
They will just say no...
I'm not a writer...
I'll make a fool of myself... and so on and so on.....

With just the opposite:

I can...
I will succeed...
They might just listen and if they don't, well I'll move on to the next person...
Hey, let's ask, they could say "yes"...
I've never written anything before but I can give it a shot...
I will only make a fool of myself if I don't try...

Believe me, there is no quick fix here. It takes constant positive mind talk to get to the place where one's self-confidence and "I can do it" attitude kick in.

The second step after working on the mind, replacing those negative thoughts, is to take ACTION! The only true way to break out of that comfort zone is to do the thing in business that we want to constantly put off – possibly due to fear or lack of self-confidence. To coin the Nike phrase -- "Just Do It!".

Yes, it is easier said than done but how important is it to us to succeed in our businesses?

How important is it to us to make contact with the right kind of people?

How important is it to build a customer base or find the perfect partners?

To most, these things are very important but they will not be possible unless we are willing to do the things that are the most uncomfortable to each of us.

Stretching That Comfort Zone

For me personally, the 2 major struggles were writing a newsletter and making phone contacts. With the newsletter, I had never written one and just didn't know where to start. After spending several days reviewing other online newsletters to get a feel for the formats that could be used, I made myself sit down and write one. I told myself I couldn't do anything else until it was done.

Because I did this mind talk and mentally prepared myself for the task, it was done in about 2 hours. I did, later, do some fine tuning but the point is I sat down and got it done.

With the phone calls, I told myself I had to make at least 5 calls before I could move on to other business issues. Right from the start, I found after the first 5, I wanted to make more. I still struggle from time to time pushing my comfort

zone to make the first call but after that it gets easier.

What can you do today that would stretch you and be good for your business?

Sit down, make that call, write that newsletter, write down your goals, network your business or whatever it is that makes you uncomfortable (or may even scare you). Push yourself and do it now! Not only will it help you build your business but think how good you will feel afterwards to be able to say, "I did it and it wasn't so bad after all!"

Make a commitment to yourself to either once a day or once a week (depending on your schedule) to do at least one "uncomfortable" act to build your business and put you closer to succeeding.

STRETCH THAT COMFORT ZONE!!

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Get Out of Your Comfort Zone in the Job Search

By Marilyn J. Tellez, M.A.

Stretching That Comfort Zone

Most everyone these days knows what a comfort zone is. My definition is the place, environment and tasks that we have learned to do and feel comfortable with—a comfort zone.

Lots of people feel devastated when they have lost a job as their comfort zone no longer exists. In other words, the time, place, co-workers, tasks which have been performed on the job don't exist any more. It's an uncomfortable place to be in. There is no sense of direction.

However, if we as workers realize that a comfort zone can disappear at any time, it is important to get out of our comfort zone while working. It does not take lots of money to be adventurous in looking at what other people do.

When we establish a reason to find out about other's jobs, we can understand job roles and skills from someone else's perspective, thus enhancing our own. It means talking to people, volunteering for projects out of our own expertise, and being curious about what other people do.

These activities can help us to understand that the comfort zone of the past, may be a prison in disguise. Being more open to various experiences and people can help us to understand that the grass we may covet on the other side of the street, is really just grass; someone else's comfort zone. See your "zone" as something you can change constantly. That activity will keep you on your toes!

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Get Out of Your Comfort Zone in the Job Search
Positioned For Success... The Refined Art Of Taking A Chance
"Getting Out Of The Comfort Zone!"
Check Your Comfort Zone At The Door
Why You Never Get What You Truly Want

Time Stretching Tips
100 succulent Chinese Recipes
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