

## March 2005 Newsletter

### Outgrowing our Comfort Zone

As long as we strive to be our best and live at our potential, we will outgrow our comfort zone on a regular basis. Things that were once scary or intimidating to us, we eventually master or at least accomplish with confidence. Each time we outgrow our comfort zone, we make room for the mystery in our lives – for our potential to be realized.

The challenge of transitioning out of our comfort zone is that it is often uncomfortable. I know it is for me. I can feel my confidence wane as I transition out of a comfort zone and into new levels of myself. The good news is that this discomfort is often accompanied by the excitement of the new – the unknown. We become explorers in our own life and masters of our own destiny by embracing change and growth. Here are a few tools that help me outgrow my comfort zone:

- **Write about it** – Writing about whatever is going on is a great way to process and move through situations – comfortable or not. I have found writing/journaling therapeutic, especially when I can look back days or weeks later and see how I progressed through a challenging situation.
- **Create positive self-talk** – What we say to ourselves – outloud or in our minds, is all interpreted the same. If we think fearful thoughts, we will feel fearful. If we think positive and encouraging thoughts, we will feel encouraged. I discovered that what we tell ourselves is a choice. Below is some of my self talk statements that have become like a natural dialog to me, especially when I feel challenged:
  - You are going to be okay no matter what.
  - All is well and on course.
  - You are right where you need to be.
  - Everything is working out for your highest good.
- **Trust yourself, your decisions, your process, you.**  
I love the quote, “Just trust yourself, then you will know how to live,” by Johann Wolfgang von Goethe. I decided to incorporate this saying into my life some time ago and it has helped me make decisions, stop questioning myself and essentially live a more fulfilling life. It always amazes me how small changes in how we think can go such a long way.

Share your comments of how you outgrow your comfort zone at:

<http://www.profit-strategies.com/phpbb2/viewforum.php?f=3&sid=c6a83dbe1a7be2f167df9a01c8291a91>

Getting the Guts Tip  
Presented by Victoria Pearson  
Certified Emotional Endurance Trainer

TBA

### **Announcements**

March 7, 2005 from 7-8:00pm, Suzanne will be featured as the “Ask The Expert” guest sharing tips and expertise related  
Check out Entrepreneur Magazine’s April 2005 edition, hitting the stands on March 22. Suzanne’s article titled, 31 Ways to Get the Guts to Start your Own Business will be featured.

### **Coming in April**

Know anyone who is ready to Get the Guts to Start a Business? Suzanne Mulvehill and Victoria Pearson will be hosting the Getting the Guts 7-week live interactive series starting April 7, 2005. Visit [www.profit-strategies.com](http://www.profit-strategies.com) and click on the Live Interactive Courses in the menu toolbar.

Available now! The printable version of the newsletter. Click here to print. We are pleased to provide this service in response to your requests.

Miss a radio show? The Entrepreneur Hour Radio Show is pleased to present archived radio shows. Tune in at your convenience. This service is currently free as we build our database of past shows. Visit [www.theentrepreneurhour.com](http://www.theentrepreneurhour.com) and click on the “sneak preview” button.

In our efforts to create an entrepreneurial community, a message board is now available for you to comment on radio show topics and other issues concerning entrepreneurs. Click [www.theentrepreneurhour.com](http://www.theentrepreneurhour.com) and scroll down to “message board” for more to review or add a comment/question today.

Suzanne has been invited to be on the editorial/resource staff for the following companies in February:

- JobSeekerWeekly.com. Click [www.jobseekerweekly.com](http://www.jobseekerweekly.com) for more information.
- CareerTeam.com. Click [www.careerteam.com](http://www.careerteam.com) for more information.

