



Susan Chan at New Horizons Out of your comfort zone?

'If you want something in your life you've never had, you'll have to do something you've never done'
JD Houston

'Move out of your comfort zone' is a familiar phrase spoken by many coaches, entrepreneurs, gurus and mentors. I've come to appreciate the wise advice to move beyond my comfort zone in business, relationships, and life. When it came time for me to launch out 'Susan Chan at New Horizons', I had to move through some intense concerns. I fully realise that fear should not be allowed to determine how I go about life. Keeping things safe and comfortable is a sure recipe for no growth, fewer rewards, and stagnation. So make a conscious effort to push yourself beyond your comfort zone every day to enjoy personal, business, spiritual, emotional, and financial growth. You need positive energy to make a change.

So when was the last time you tried something new?

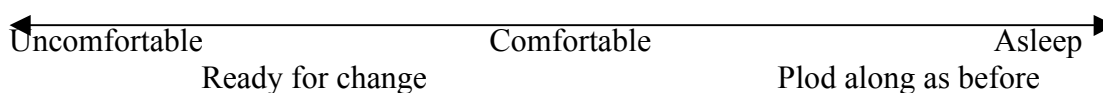
When was the last time you took a risk?

How much are you learning and growing right now. What have you learnt today?

Do I ask for what I really want, or just for what I think others want to give me?

'Continuing to do the same things over and over again will more than likely always yield the same results as the times before. In order to reach new heights, you must climb higher than you have ever climbed. In order to see new places, you must travel to lands that you have never ventured to. In order to meet new people you must be willing and open to go meet people that you have never met before.'
(Source unknown)

So where are you on the 'Comfort Scale'?



Is this where you want to be?

Your action plan

1 st Action	By when? ...Today!
2 nd Action	By when?
3 rd Action	By when?

Well done. Don't you feel good!