



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

On The Edge of Something Big

June 2007

Sweaty palms. Racing thoughts. Thundering heart beat. Queasy stomach. What's going on? The flu? About to bungee jump? No, neither, though these would be good guesses. You are on the edge of your personal comfort zone and about ready to firmly plant your foot into the world beyond your borders – the world of the unknown. GULP!

What is a comfort zone anyway? According to Wikipedia, a comfort zone “denotes that limited set of behaviors that a person will engage in without becoming anxious.” In other words, a comfort zone is a set of behaviors that we are comfortable with and associate no sense of risk with these behaviors. We feel secure in our knowledge about the outcomes our behaviors produce. An example of a comfort zone is doing something we have done repeatedly and receiving the same result. We regularly shop at the local grocery store and know where all the items we need are located. We exercise at the same gym, visit with the same members and follow the same routine every week. We work at the same job we have had for 2 years with the same coworkers. These situations occur regularly and routinely; they are nothing out of the ordinary.

If life is comfortable, why would we want to endure the anxiety and consider stepping across the comfort zone line? Boredom and adventure can spur us to action as we seek a new challenge or more stimulation. We realize “someday” won't come unless we take action. No, life will not be less chaotic. No, we won't lose 30 pounds. No, we won't get out of debt unless we DO something about it. Dissatisfaction can also pull our toe out of our comfort zone. We no longer like our job, where we live, or who we are with in our relationship. Sometimes we are tossed out of our comfort zone by someone else or circumstances. The funds for our job run out. Our favorite store closes for remodeling. Our significant other leaves. Then, there are the times we realize we have not been living up to our full potential and we want more. We realize we are going to shove ourselves out into the unknown voluntarily because of the sheer belief that we can do better.

When it is our choice, we can toy with leaving our comfort zone for long periods of time. Fear, more than anything else, keeps us in our comfort zone. Like a swimmer testing the waters, we cautiously dip our toe outside the line and fear makes us pull back quickly. What if....we fail? Succeed? Receive criticism? Don't know what to do? Don't like it? Aren't smart enough? These questions swirl through our minds, creating self-doubt, pumping up anxiety, feeding fear, causing us to pull back into our safe spot until the sweaty palms, racing thoughts, thundering heart beat and queasy stomach subside.

How do we navigate through the anxiety to expand our comfort zone? Question if our fears are really true. Play the “So What? Then What?” Game. So what if I fail? Then what...will I have learned?...what would my options be?... So what if I receive criticism? Then what...will I learn from it?...do I want people to say positively? Speaking of positive, focus on the positives. What will we gain by expanding our comfort zone? If nothing else, we will have the satisfaction of trying. Next, don't change everything at once. Keeping some of our comforts available while we chart one new course provides security and stability. Last but not least, trust ourselves. If it seems like we are standing on the edge of a cliff, preparing to leap and we forgot our wings, trust that they are there. Often, our wings can't open until we take off and they have the space to spread out and help us soar.

Expanding your comfort zone? Explore how coaching can assist you in bravely stepping across the line into the unknown by contacting Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326. **I offer a complimentary 30-minute session to explore how coaching can work for you.** Coaching sessions are offered by phone or in-person.

Special thanks to Gina Owenby and Galaxy Graphics for designing a SUPER logo. Gina can be reached at 410-300-5237 or <http://www.galaxygraphics.net>.

Upcoming Workshops

Workshop for Women – Sunday, August 12th, 1:00-3:00pm

Feeling frazzled and tired? Are you always on the run? When is the last time you took time for yourself? Take a couple of hours to stop your world and gain perspective. Learn how to eliminate energy drainers and how to say “no” gracefully. Discover why “selfish” is NOT a dirty word! Meet and connect with other women as we discuss how meeting your needs fits in with significant others, children, friendships, careers and all the rest that is your life.

Fees: \$40 per person. *Bring a friend and pay \$60 for both to attend!*

This workshop will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

The Workshop for Women will also be offered July 22nd from 1-3pm at Brick Bodies. Location and details to follow.

Back By Popular Demand...

Women Rock - Friday, June 22 AND July 20, 7:30-9:30pm

Challenge yourself and connect with other women. This 2-hour program will help you tap into your mental and physical strengths on the Rock Wall and in life. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, ways to approach challenges, how to be assertive, and discovered the satisfaction of internal motivation. Join us for a ROCKIN' night!

Fee: \$25 members/ \$35 non-members

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

For more information, visit www.passion-for-life-coaching.com.

Copyright © 2007, Suzette Langley