

*"I believe in intuition and inspiration. Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution."*

-Albert Einstein

Great innovators and even highly successful business leaders recognized their successes were a result of allowing their right-sided brains (the creative brain) to build the visions. Only once the vision was in place did they allow the left sided brain to take over to put the action plan into play.

**Today, I'm asking you to tap into your intuition and inspiration to examine your success rate in achieving your goals.**

**Exercise:**

For this exercise to be the most effective, it is best done sitting quietly with your eyes closed.

Look back on the last 12 months, or even the last month, and ask yourself these questions related to your goals and your unwillingness to take the needed uncomfortable actions to achieve those goals.

**1. On a scale of 1 – 10, with 10 being "often", how often did you take the necessary steps to achieve your goals even when they pushed you out of your comfort zone?**

**2. What has your unwillingness to get uncomfortable already cost you?**

Did it cost you your dream, or your job? Did your failure to start your own business cause you pain and suffering in your current job? Did your relationships suffer as a result?

**3. What biggest fear or obstacle is stopping you from getting out of your comfort zone? Why haven't you allowed yourself to get out of your comfort zone?** Is it that you are so afraid of failure, or feeling like a fool if it doesn't go as planned? Are you afraid you will be made fun of or embarrassed in some way? Are you afraid you won't have all the answers?

*The one thing I've learned from getting comfortable with being uncomfortable is we are all afraid of something. And the only way we are going to get "unafraid" is to simply do the thing we are afraid of. Most of the time, after doing it, we wonder why we had waited so long!*

**4. What will it feel like if in one year's time you are still where you are now?**

*This is the question that gets me motivated every time! How about you?*

**5. Do you feel you have more to give to this world, more to do, more fun to have, etc.? Are there more mountains to climb, more rivers to cross and roads to travel?**

**Or are you too comfortable and too much in the grip of fear that you're okay standing still and watching as others move past you?** *If you answered "no" to that last question, it's time to start moving. Taking any action is better than standing still. By moving, you come to learn what works and what doesn't. There are no failures when everything is an adventure or a lesson to be learned!*

**In closing...**

**Get comfortable with being uncomfortable. It's time to recognize your next level of fulfillment lies on the other side of your comfort zone.**

And like when facing any type of big change or transformation, it's best to do it, one simple baby step at a time. If you try to do it all at one go, it will be too intimidating and daunting. Your immediate reaction will be to say, *"No way, I can't do that!"* But if you know you only have to take it one small step at a time, you start getting comfortable with getting uncomfortable.

You don't object to the idea of taking the next step, knowing you can handle it. You start to gain traction and momentum and before you know it you've obtained your goal or you are well on your way; there is no possibility you will give up now!

***Here's to your comfortably uncomfortable baby steps!***

**Want to learn more?**

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