

Don't 'expand' comfort zone, blow it up

A friend of mine has started her own company. As such, she is sending some e-mails to help promote it and they've contained some pretty valuable management lessons.

For example, a couple of weeks ago she wrote about going to one of those racing schools where you get to drive a real race car real fast.

Really fast.

From the sounds of it, she's pretty used to driving fast anyway.

At any rate, she ends up driving a stock car around Homestead Miami Speed-

way at 135 mph.

Pretty cool, if you ask me.

But, as she wrote, it also had an element of fear. It took her out of her comfort zone.

And that's the point, isn't it?

Her explanation:

"If I truly believe that I am a Possibility Being, I have to act like one. Or more to the point, I get to act like one. I can throw off all the limitations that society / my brain / my mother have imposed on me and drive as fast as I want.

"So my question to you is, what are you doing to

get yourself comfortable with being on The Edge? What activities do you have

planned for yourself for the specific purpose of increasing your risk tolerance? If you want to innovate your life, Risk Taking 101 is a prerequisite."

Well, said Kim!

In Kim's case, she did something on a personal level that had great implications professionally. If we can expand, or as in her

Management 101

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case, "blow away" our comfort zones, a world of possibilities will be open to each one of us.

It's also a good idea to experiment on a personal level. The dime you are then risking is your own. It doesn't belong to the company, and more importantly, the only fallout from failing will be your own. In that case, failing might actually be succeeding in disguise.

Be smart when stepping

out of that circle of security. Take the advice from Vegas gamblers and stock brokers (who really do share some eerie similarities), don't invest more than you can afford to lose. But invest something. Because in management, those who move up are those who can make things happen. There will come a point when you've made everything happen that you can from where you are.

Personal growth is the way to improve your future.

Next week: Weather forecast

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Excerpt reprinted from "Possibility Tips from Kim Marcille," an ezine featuring tips on discovering and amplifying the invisible possibility all around you for your life, your career or your business. Subscribe at <http://www.kimmarcille.com/> and receive by e-mail a link to an audio interview with Kim on the topic of inspiration.

The Management 101 File is written by Tim Timmons. Timmons' book, Coaching Success: Creating Champions for the Business World is available at most bookstores and at www.bristolpublish.com.