

Do you notice that whenever you think of doing something out of your comfort zone you feel fear? It may be just a touch or a LOT of fear. But chances are your fear is totally groundless.

Fear stands for:

**F**antasized and often Frightful  
**E**xperiences  
**A**ppearing  
**R**eal

I read somewhere that of all the fears we deal with only 5% really come true.

When I first started my professional organizing and speaking business I wanted to get my name out in the community but did not have any budget for advertising. I knew that my information would be great for morning TV news shows but that would mean I'd have to get on TV! Talk about wanting to do something out of my comfort zone! Not only did the thought of being on TV scare me but just the thought of calling up the producer made me feel ill.

After a year of thinking about this I finally had the nerve to call up a local TV station and pitch my idea. They loved it and I was soon on their morning show! Was I scared? You bet! Did I walk into the station wishing I had never thought of this idea? YES! But I did it, it went well and subsequently I've been on many of the morning shows. You can see some spots at my website.

Perhaps you've tried to get organized before and it didn't work and now you fear trying again. STOP that feeling! You can do this.

**Face your fear and do it anyway.**



**Elizabeth Hagen** is a dynamic and inspiring [female motivational speaker](#), the author of Organize with Confidence and offers business coaching services to motivate women to stand out and accelerate their success. You can become more focused and have more momentum, more confidence, and more success. Elizabeth's book "Organize with Confidence!" will change your life and her "Speak Now and Forever Get New Clients Home Study Program" will change your business! Visit [www.ElizabethHagen.com](http://www.ElizabethHagen.com) and receive her eBook "10 Fearless Lessons Every Woman Must Know" as her gift to you.