

## Personal - Face Your Fear and Do It Anyway

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:

Fantasized and often Frightful

Experiences

Appearing

Real

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 speaker, author, and consultant who has motivated thousands to take action and get organized. She is President of ElizabethHagen.com and works with overwhelmed people to help them get more focused, more organized, more confident and more productive. Her book [Organize with Confidence!](#) will change your life and her [Speak Now and Forever Get New Clients Home Study Program](#) will change your business! Subscribe to Elizabeth's free ezine "Extraordinary Results" at [www.elizabethhagen.com](http://www.elizabethhagen.com) and receive the 31 *Tips to Simplify Your Life* as her gift to you.