



## February 4 Daily Motivational Call Notes

Today is going to be a GREAT day!

### ***Breaking through Comfort Zones***

What is a comfort zone?

A place or situation where one feels safe or at ease and without stress

There is the problem. When we try something new it is often uncertain. Uncertainty can cause stress. Or we imagine it now working out.

Often times when we try something new we are not going to excel early on

I advise speakers to get to 10 speaking reps as quickly as then can

### **7 Tips on How to Expand Comfort Zones**

1. Schedule it - Webinar
2. Set a deadline – Book
3. Put yourself in a position that demands that you succeed
4. Once the mind expands it will never return to its original size
5. Take action in the face of resistance
6. Create a vision for your future – Career/Sales/Money/Health
7. Apply GSA



Self-Coach / Get Coaching – What is causing me to pause?

Action Item – Pick something out of your comfort zone. Take action on it anyway. Apply GSA and take action!

You can find everything regarding this call at  
[www.dailymotivationalcall.com](http://www.dailymotivationalcall.com)

Bonus video 42 second video / Take action in the face of resistance -  
<https://www.youtube.com/watch?v=V3j1koS7fj4>

Continuous Sales Improvement Master Class starts this Thursday at 5pm pacific. To register go to <https://continuoussalesimprovement.com/home> and select Master Class

Continuous Sales Improvement Virtual Networking is on Thursday, February 18 from 8-9am pacific. To register go to <https://continuoussalesimprovement.com/home> and select Elite Networking