

"Think Zink" June Newsletter

Fearless Living (It's Time to Truly Live!)

June 2008

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Dear Sarah:

What would you try to do if you knew you could not fail?

I believe that in order to live - to truly live - we must become fearless. We must make a choice to walk to the edge of the water - the edge of the ledge - the ledge of the fear that keeps us from truly living. We must realize that our fears create a powerful wall that keeps us from becoming all we are able to be.

I don't want anyone to think that I'm sitting in some comfy chair, eating bon-bons, with nothing to



What are you afraid of? For me, that's an easy answer - spiders. I can speak to a large crowd of people, I can sing in front of hundreds of people, I can even volunteer to teach a class of 2nd graders - but if you put a spider into that equation, I'm toast.

What are YOU afraid of? Are you afraid of sharing your ideas in staff meetings? Are you afraid of interviewing for that new position in your company or of asking for a raise? Are you afraid of going back to school to get that degree you've always wanted? Or are you afraid of quitting your job, dipping into your retirement, and starting that business you just KNOW will work?

When I speak of fearless living, I'm not talking about reckless abandon - I'm talking about taking intelligent steps to make a change, to try something new, to reach outside your comfort zone. There's an old

challenge me. I am the owner of four (yes, FOUR) businesses (see quick links below), and there are months when I am challenged to be confident in my decisions, my goals, my directions and my judgement. But every time I come to that place, I use the tools that I'm sharing in this month's newsletter to re-ground myself and stay focused on the prize.

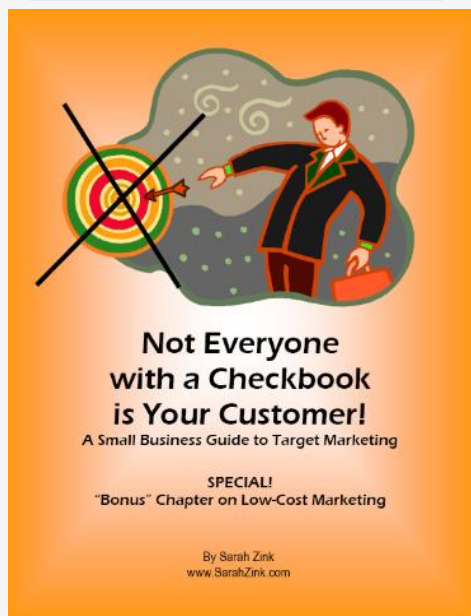
Warm Regards,


Sarah Zink

P.S. Are you writing a newsletter and need some "snippets" of information? You are welcome to quote anything in this e-zine, provided you give me credit.

Quick Links...

[Check Out Sarah's New Book!](#)



[Power and Women](#)

[The Ladies Room](#)

saying, "The only difference between a rut and a grave is the depth."

[Who is Sarah Zink?](#)

What Are You Afraid Of?

Many of us live in fear - mostly of those things are intangible to us - things that touch our hearts, not our hands. We are afraid of what other people think or say.

I believe that within each of us there exists two separate identities: the one that we feed and the one that we starve. Do you feed your "fearful" self, or do you feed your "fearless" self? Do you nurture your "fearless" self with whispered encouragement or do you silently agree while your "fearful" self sets your course and direction in life?

The more you work to overcome your fears, the more fearless you will be. Please don't wait until you realize that you've been held captive by the fear of what others will think of you to make the choice to live fearlessly.

"Fearless Living" is a keynote speech that Sarah can deliver to your group or organization. Click [HERE](#) to schedule her for your next event.

Forget Perfect and Live Now!

Have you ever looked at the lives of other people who, from all outward appearances, seem to be doing quite well for themselves? And you wonder, "Why not me? Why don't I have the perfect office suite overlooking Times Square, (or our Dallas version, Victory Plaza). Why don't I have the perfect spouse who adores me, why don't I have Donald Trump's bank account, the perfect children who have never given me one moment of grief and worry, the perfect thighs with not a glimmer of cellulite?"



Well, FORGET PERFECT and get on with your life. Waiting to live a life when all things are perfect may keep you from moving forward at all. Not moving forward can feel like you're living in the land of fear, doom and gloom or a swampy place where you are stuck. Instead, take notice of your life and what's good about it now even as you grow and transition. Remember a time when you were so happy you lost track of time - then go mining for the values you hold that are inherent in that

[Free Stuff](#)

[Signature Training Topics](#)

Tips to Live Fearlessly

- 1. It's Ok to Be Afraid** - Too many times, we think that the fact that we are afraid is a bad thing, when in reality, fear can be a powerful tool if you learn to harness its power.
- 2. Ask for Help** - I'm not quite sure where the "rule" came in that if we were afraid to do something, we couldn't ask for help. Believe it or not, when we show our friends our vulnerability, they really will want to help. It's ok to ask for help.

If you'd like to receive "10 Tips for Living Fearlessly", just [ASK!](#)

experience. Notice what's good now. Try something new even if it scares the socks off you. When you think about being overly cautious remember the man that never lived:

"There was a very cautious man, who never laughed or cried. He never risked, he never lost, he never won nor tried. And when he one day passed away, his insurance was denied. For since he never really lived, they claimed he never died."
- author unknown

So, what are you waiting for?...don't wait until you think everything is perfect...forget perfect and get out there and LIVE NOW!!

There are no repeat performances.

Gretchel is a Certified Professional Co-Active Coach. You can learn more about her by clicking [HERE](#).