

STRETCH YOUR COMFORT ZONE THROUGH OUTRAGEOSITY!

By Siobhan Murphy, MCC

As a coach, I often assist people in changing course in their life. I liken this to taking a large ship and turning it in a new direction. Because a client has been moving in one direction for some time, there is a momentum created. To change directions takes some effort and time before you can sail in the new direction.

Once the course has changed, however, “outrageosity” is a great way to pick up speed. Outrageosity is a term I heard first from Prosperity teacher, Edwene Gaines. It means taking massive action to speed you along your course. That action feels “outrageous” to one who has never stretched that far before. Once stretched, your comfort zone is so enlarged that it is easy to keep taking actions to support the goal or change you intended in the first place.

Here are some examples:

A homemaker I coached was feeling overwhelmed. She had no energy to put into creating some new creative outlet for herself. I made an outrageous request that she hire out her entire job for one week so that she could rejuvenate herself and have the energy she needed to move forward. She was very connected to doing her “job” well as wife and mother and hadn’t ever before delegated any of her tasks. She sent out all the laundry, hired a babysitter for a few afternoons, and ordered take-out meals for dinner. This was “outrageous” to her to spend that kind of money “frivolously.” She got some much needed rest and, from this new vantage point, could see the path she wanted to take once all the kids were in school. She now knows that she can delegate some routine tasks so she can be the mother she wants to be.

Another client had a list of cold calls to make. She procrastinated. Rather than pushing herself to make a few calls every morning, we decided to have a cold calling day. She designated the day, told all around her that she was booked all day, ordered in meals, and wore her best power suit. It seemed “outrageous” to spend a whole day on calls but it created some momentum and energy for her. She prepared for the day like she was going to run a race.

For myself, I’m writing this newsletter from an off-site retreat in the Hamptons. I decided to take some of my most important, but not urgent, projects out of my office to give them some of my undivided attention. I usually work from a beautiful office and found I still wasn’t getting to the priorities. It seemed “outrageous” to take two days in the middle of the week at a busy time of year and to invest in a hotel when I have a perfectly fine beautiful office to work from. But the extreme focus and perspective I’ve gotten have gotten me moving on several of my cherished priorities.

Here are a few more to get you started:

- Write to a famous person and ask for some mentoring
- Send a thank you to an author you most appreciate
- Write to the President or your Senator and express yourself instead of complaining.
- Call clients at the top of the organization – what do you have to lose?
- Hire a personal shopper and re-do your wardrobe.
- Book that vacation you've been wanting to take – even before you know how you'll pay for it.
- Schedule a massage every week for 3 months.

I'm committed to OUTRAGEOSITY in my life! What outrageous thing are you going to do?

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