



From the Change / Risktaking Series:

As the farmer expression goes, “When you are green, you are growing; when you are ripe, you are rotting.” When is the last time you challenged yourself to step outside your comfort zone? During this program, Alice shares lessons learned from summiting a 20,000 foot mountain even though she is not a mountain climber and she hates heights. This journey provides an inside look at the benefits of confronting your fears, the power of teamwork, the power of the mind and the importance of dreaming big in life. You will be challenged to figure out what mountain you need to climb in your own life.

In this program, you will learn:

- ★ What happens to people who always live in comfort
- ★ How to step outside your comfort zones
- ★ You can't blame burnout, unless you've been on fire once
- ★ The importance of creating an action plan
- ★ The value of “cheerleaders”
- ★ The power of the mind over the body when you feel like quitting
- ★ What you need to do when you hit your wall
- ★ How to assess which fears are real, which are imaginary
- ★ The importance of celebrating your accomplishment

“If you want a place in the sun, you have to put up with a few blisters.”

Abigail Van Buren

“As much as everyone hates to take chances, I love to, even when it gets me in trouble.”

Brett Favre, *Los Angeles Times*, January 9, 1994

“Life is an endless unfolding, and if we wish it to be, an endless process of self discovery, an endless and unpredictable dialogue between our own potentialities and the life situation in which we find ourselves. By potentialities, I mean not just the intellectual gifts but the full range of one's capacities for learning, sensing, wondering, understanding, loving and aspiring.”

John W. Gardner, Self Renewal

“A dream is real. The world can change around you, but your dream will not. Without a plan to achieve your dream you've got nothing. You may die with your dream still inside you.”

Alice O'Connor