

This is comfortably uncomfortable. The podcast about getting out of your routine comfort zone and feeling a little uncomfortable so that you can have the life that you've always desired comfortably uncomfortable with Stephanie Lee's starts right now.

Hello, this is Stephanie and I am completely, utterly, totally well, you know by now comfortably uncomfortable. And you know what? You know this too. I hope you are too. You know why? Because that's how we grow. You know that too.

So listen, being uncomfortable is really hard. It's sad, it's lonely and sometimes it's frustrating. It feels like you can't take anymore. And you know what? Yes, that's very true, especially in the story that I have for you today. But you know what else? It's so cool to be uncomfortable and to get comfortably uncomfortable and to know that you are going to get out of that uncomfortable feeling is what makes it so good. That's what makes you feel comfortably uncomfortable because you know it's not gonna last. And at the end of the tunnel there is a light that is going to be so cool for you and you're going to see all your goals and dreams and desires start to manifest.

Listen, the 21 day mark is very important to understand and I need to kind of go over it again because I know that some listeners had questions for me and I want to address them naturally. Hey, that kind of rhymed.

The 21 day mark means that three weeks or 21 days is the time frame that you start to see a little bit of a difference, a little bit of a change in your situation if you keep at it, if you are doing your actions and doing your affirmations and really, really just putting your all into what you want and your dreams and desires and goals, that's when you start to see the small or big achievements. I think we talked about quantum leaps. Even if it's not a quantum leap, that's when you start to see the little changes and that's so good and that means you're making progress.

Listen, my story for today is something that I am completely, utterly, totally, comfortably uncomfortable about. Well, I was at first uncomfortable, and then guess what? I realized what I have just told you that being uncomfortable is not going to last. It's uncomfortable because it's a new thing for you. And so I realized that, and that is what this podcast is all about. Realizing that comfortably uncomfortable is what you want.

My story today is comfortably uncomfortable, like I said, but it comes from Sheila and she wanted to know from last week's episode where I mentioned my situation in this story, I'll tell you about it in a second. She wanted to hear the full story. I talked about it for about three seconds as an example of something, and then she wanted to hear the full story. So this is for Sheila and for all of you hoping that you can learn from my situation and my failures and my successes. And this story. Well, back in 2017 I think I mentioned that I wrote a book and I didn't really make a big fanfare about it. And I'll tell you why.

It's really very simple, but it is something that you need to understand and it is something that we all fall into a trap. And this is it. Well, I'll tell you the start of my story and then we're going to talk about what you can do to get over that little bit of a hump that I was feeling and I learned about it after all this happened too. Well, back in 2017 you know, it was a banner year. Like I always say, I don't want to really go into all of that, but I did write a book because I haven't really told you about that. I did write a book. It's a short book. It's actually maybe a short story. I call it a tale because that's really what it is. And I will

be very, very remiss if I didn't tell you that it was very uncomfortable for me to write this book because it was having to go into a place where I hadn't been before within me.

You know, sometimes we have to grow, of course, and get uncomfortable. And when we say, I'm going to be uncomfortable about this, even if it's uncomfortable. Yep. We have to do it. It's sad. It's uncomfortable. You have to talk about things, you have to write about things that you don't really want to think about. But it's for the best.

And so I did in this book that I wrote, well, let me back up and go to that 21 day mark that I just told you about. 21 days is the mark that you start to see your achievements and your goals. And so I took a course that was 21 days, three weeks on how to write and publish a book. Well, you know, I've never really thought about being a writer. I never even really wanted to be a writer. I'm a big reader. I love reading books of all genres, but writing them. Hmm. Yeah. Not so sure. And that is something that I knew going into this, but it was a challenge and it was a challenge that I was up for. And that is what I love. You know, I am one to never back down from a challenge. I just don't, I move ahead. I used to back down a little bit, but I have really in my adult life honed in on being a person that loves a challenge. You know, talking on stage, that's a challenge. And so was this. So I took the course and one of the students said to the instructor, 'well, when do we start writing our book? You know, you're teaching it.' And the instructor said, 'Why not start now?' So I said to myself, 'Challenge accepted!' And I meant it. It was such a cool thing because it meant that I was going to do it in three weeks.

I decided about a week or two into that course, the I was going to make that challenge in three weeks, which is actually to the day my birthday, which was in July. And I worked so hard on that challenge. Sometimes I felt like giving up and sometimes I just didn't feel like, you know, I could really write. And that is kind of where we're going to end up on this episode and how we can get over that. Like I said, Hump and it is a hump.

So my thing was I had a lot of genres that I wanted to touch upon and I love the speculative and the dystopian and the science fiction genre. That's my favorite. You know, think Handmaid's Tale think or Orwellian in 1984 think Clockwork Orange. Think about those kinds of things that make you think about how a world could be that isn't quite perfect. And by the way, just to kind of tie this in and sidebar here...is there is utopian fiction too. So it's the opposites, right? Law of polarity. So if we have dystopian fiction, we also have utopian fiction.

And you know what? I think I'm going to make an episode about that because that really has to do with what we talk about as well. And I just want to say another sidebar here...everything has to do with everything. Think about that. That is really true and that is what I want to talk about when I do that episode. So I was thinking about the genres that I wanted to write about and I also, this is really kind of funny cause I think back on this, but I also wanted to include next to the dystopian apocalyptic kind of a thing, which is another genre that shoots out from that dystopian thing is I also wanted to make a main character that went through apocalyptic, dystopian kind of thing and lost the use of one of her arms. Well, doesn't that sound familiar? That's just like me. Yes. So I wanted to include that in there, but I also wanted to include some of the things that we talk about on comfortably uncomfortable.

You know, we talk about the natural laws of the universe. We talk about those six things that we have in us perception and the will and intuition and imagination and memory. We have all that within us, 'The Higher Faculties', they're called and we have our five senses. So I always wanted to tie that in with that too. Now with all those three things, you would think the book would be like 500 pages, which it wasn't.

I have to tell you that writing that many words is very difficult. And so I have a new appreciation for writers, for authors. Think about it, what they're doing out there, they are writing huge books and I'll tell you some of those authors, it doesn't even take them a long time.

How do they do that? Well, a lot of them have help. I have to say ghost writers or help and that is probably when I needed to help me get along this way. So I started to kind of think about that and I started to write and it was going so well and I am proud of it actually. But I did meet that challenge on my birthday. I put my book, I put the manuscript to bed as they call it in the writing world. I put the manuscript and finished it. I put it down and I was so proud of it. Now did I want to publish it? Hmm. That's another challenge. And there are people that just write the manuscript and let it sit for a long time. I can name off authors left and right but I won't because that might take a long time. But a lot of people do it.

So I said, "Yes, challenge accepted", I will publish this book. Now I didn't know a lot about publishing. I didn't know about promoting, I didn't know about marketing a book. It does take a lot of time and matter of fact this person that was teaching the class said that if you write a book then you've accomplished 5% of what you should do. And that is amazing to me because 95% she says is in the marketing and promoting of the book. Well, "Challenge Accepted", I believed it. I went to eight self publishing agency. That was before I found out about kindle direct publishing where you could just upload a manuscript or a book and have it ready in like a day. I didn't know about that. So I went to a self publishing agency that had a lot of things a la carte, as they are called.

And so they had three different types of editing. They had the book cover design, they had illustrators, if you wanted to have your book, have illustrations in it, and they had the marketing and promotions that you could add on. So I did the whole nine yards and you know what? I spent a lot of money for this book that ended up being...are you sitting down? Are you ready? 110 pages. It's remarkable to me that I thought that I could get all those little subjects that I mentioned, all that genres and the apocalyptic thing and the natural laws of the universe into to a book that was 110 pages. Well, I did it and I realized that I had everything altogether and within maybe August or September, so I was all set. I wrote the back bio, I wrote what the book was about for the back cover and that was great.

By the way. Those are things that you don't need to do if you have a kindle direct publishing way of doing it. And I would encourage every writer out there to do a kindle direct publishing. And, because this is really the fact, you don't have to spend four months doing it and four thousand five thousand dollars getting all those things in place, so that is my suggestion to you. The big mistake I made is in not thinking that I was a writer, not thinking I was good enough to actually show my book to anybody, but I did. Yes. Any writer out there that's a published writer or even if you're not, knows what I'm going to tell you is a no, no. Well can anyone guess what it is? Anyone? No. I let my family and friends or read it before I pushed that submit button or told the self publishing agency to push that submit button as a no, no, no, no, no, not just one no.

That is a real, real bad idea because everybody has an idea of who you are or who they think you are, their perception of you. You see, we're talking about perception. Again, that's very important and everybody has that perception of you or that perception of you as you were growing up. They have a perception of you as you are now, and it might be that that's not a true perception of you, that doesn't represent who you are now. And it's probably the case. So it was the case in this situation. My family, read it, my mother and father read it, my sister read it and they all were very unimpressed. My Aunt

read it, all very unimpressed with the book that I've put out. And I'll tell you why. Do you know why? Because they thought it was about them.

I had a main character that was kind of about me and the situations that I have been through that aren't so great, you know, the bullying situations and the situations I don't really talk about much. But the unknown thing that I went through that I discovered very, very early on 2017 / 2016 I really kind of faced that discovery, you know, I didn't know and I didn't want to bring it up to my parents because I know how parents are about that and they feel guilty. So I didn't want my parents feeling guilty. And so I didn't really understand what was going on with me until about 2016 or so.

And then I also had the main character have parents and have all these situations that were very similar to my life. And so naturally they thought I was mimicking in the book what I had experienced.

Not completely untrue, but there were times in the book that I couldn't help because it's my life. But there were times in the book that I couldn't help but be truthful. Now anyone that knows how to really write and has written a book, and I can say this about, I know for sure Joyce Maynard has a masterclass, and that is one of the things that she tells in her little trailer about her masterclass, is the fact that people don't write books because they're so afraid of what their family will think of them, of what they're writing about. That's a truth. So that's the mistake I made. And so I was feeling so great and I was feeling pretty much like a published author. You know, I had this self-publishing agency coming to me and saying, what do you think about the edits? Okay, what do you think about the cover?

And I was feeling great and I was really feeling like a published author. It was amazing how much self confidence I had. I held my head up high. I started to kind of "Hang out" and really tell people that I was writing a book. I started to, like I was saying, hang out at the places where writers hang out...i.e. Starbucks. Just kidding. But I started to, you know, kind of tell people that I wrote the book until my parents had read it.

And then once they read it, I was like, mmm...you know what? Hush Hush. Now I just really kind of maybe don't feel as good as I was feeling. Well that I would suggest that you don't do, and there's a reason for it. Guess why? Your goals and desires are yours. So don't tell anyone. If you want to achieve your goals and desires and 21 days or 21 years, wait, stop.

Don't tell a person what you're really doing and don't tell them everything, not because they're going to steal your idea, but because they're going to discourage your idea. They're going to go "poo-poo" it, as I used to say, and they are going to say, hmm, yeah, I'm not sure about that. Well, that is the truth and you just have to stay a little shhh-shhh, quiet, shhh, and not say anything that's going to tell them what you're really doing and that is the truth and that is what I learned. Now I'm going to tell you something that every single self-development person or let's just say Napoleon hill, going back to Thinking and Grow Rich, or let's just talk about Maxwell, Maltz and Psycho-Cybernetics. Any of the books that I've used, I am going to tell you what they suggest. Also, the Stella Adler Book, the Art of Acting. It's so cool.

Are you ready for it? Because you can do this and I did it after I let my family read the book that I had. Well, there's such a thing as "method acting". Yes. You know what that is, I'm sure, but it is a type of acting that some actors do and I want to tell you one actor that really did it, and I know you know this probably, but Heath Ledger, when he was playing the joker on Batman, he went into seclusion...into a recluse mode...and became a method actor, used his method acting techniques to get into the joker

role. A matter of fact, it was like six months or so that he did this and he is quoted as saying that it was one of the hardest things to let go of because he became the joker. These are actors that rent apartments and go other places and stop hanging out with their friends and family to become a person that they're going to be, they're going to portray that is the truth and that is what you and I have to do.

Well, we don't have to go to the extreme that Heath Ledger went to, but when we're becoming an author or when we have a desire, say it's to be a chef or to be a computer, website person that does websites or to do anything to be an entrepreneur; we have to see ourselves being that person right now, right? We have to see that happening right now. Say you want to be an actress or actor, you have to see yourself accomplishing that goal right now.

You can't wait and you cannot have excuses because if you have excuses, it's never going to happen, right? So you have to "Take the bull by the horns" as that's an old expression, but do that and really become that person you want to become right now in the present moment. You know, we talk about time and space and it really being in the present, we don't really know what's going to happen in the future and we don't really know how long we're going to be walking on earth.

So why not be the person that we want to become? Do a "Heath Ledger" and become that person dressed the part of someone that is how you want to be a chef, a musician, you know a computer person, a web designer, social media person that knows about social media promotions, doing stuff like that. Travel Agency. Do you want to own a travel agency? Start traveling and start knowing that you are going to be that, or you are that, I should say because you are so that was the mistake. Maybe the failure that I made but I caught myself before it was too late. Well, I caught myself about two years later and my book is finished and it is out on Kindle and paperback and that is great. Now I don't really want to become a best seller. That wasn't the goal of this challenge. It was just to accomplish the writing and the publishing of the book.

Listen, guess what? For the rest of my life until I am not walking on earth. I can say that I am a published author and even after I am not walking on earth, there will be a book out there that I wrote. That is an accomplishment. You know? It's like what I was saying about going to college, finishing my degree. I can say up until the day I'm not walking on earth that I accomplished that goal. I got that degree that I wanted to get. Listen, this is not an easy task I'm asking you to try, but it is something that does work and it's worth your investment in time. Your return on investment, as I call it, to try it, walk out the door and act like that person. It's easy, right? It sounds easy. No, and you know what? If you really want to accomplish this goal, dress the part too, you know, feel good.

Don't wear your sweats all the time. Look the part and be ready to say, I am such and such. Be the person that you want to become, but do it. Joseph Murphy in the book, *The Power of Your Subconscious Mind* says that; be the person you want to become. That is great. That is so cool and I wish that I had discovered that earlier in my challenge because I let other people dictate to me how I was or how they viewed me, how they knew me from my past.

Don't let that happen to you. That is what I have to say. If you have a dream or desire that is so cool and I love that for you and for everybody, but you have to accept that it's happening right now and it is the only thing that's stopping you is what you're thinking is in your mind.

You are in control. Believe me when I say this, I'm talking to you. I'll say it really, really distinctly. You are in control of your life and you are in control of the person that characteristics. I know we talk about this all the time and the personas and everything. You have that control. Listen, if I want to become a podcast or if I think it's cool, if I really want to speak and talk to an audience, do it now. I knew that's what I had to do and keep learning. Right. And that's something else that Joseph Murphy talks about is that don't stop learning. Keep it going. And that is so important. And guess what? When you do these things, you will build so much self confidence, it's going to be crazy and it'll happen so quickly. 21 days, don't forget. And your mind and your achievements and your goals will be met in such a quick way.

If you act the part right now, did you hear me correctly? I said, if you act the part right now, it's method acting and it works for everybody. Not just actors, not just Heath Ledger, not just, you know, Marilyn Monroe who changed her whole character to become Marilyn Monroe, not just Cary Grant, who changed his whole character, his whole name, his everything to become Cary Grant. I mean when he was Cary Grant, he changed that whole persona to become that person. So that is what you have to do and whether or not it's writing a book like I did and I was successful at it didn't become a bestseller. Like I said, Oh, who wants that? I didn't want that. But you may, you may become a culinary expert chef, and you can, you really can. You have to see yourself as that right now you see, it's so easy to talk about, an easy to think about, but it really does take a little work.

Try It for 21 days. I want this activity for you for 21 days. This is a challenge. "Challenge accepted". Do you accept that challenge that I just gave you? Listen, this is a challenge for you to try and you can do it. Be that person that you want to become because you are that person. That's it. You know what? That's my story on when I wrote my book. There's a lot of successes and failures in it, but that is the end result and the whole crux of the situation is that you have to see yourself and I needed to see myself as a writer that wasn't going to be swayed by what my family and friends said about my small rather small book. That's it.

Listen, do you know where we're going right now? Anyone? Frank?, I'm going to ask my doggie here... No? he didn't raise his paw so...I'll just tell you we are going.

I'm being silly now we are going down to business. That's right. We're going down to business. How can you get in touch with me to tell me your method? Acting experience. Hmm. Yes. The 21 day challenge. I want to know how you're doing with that. Well, my email address is gettingcu@gmail.com and you can also go to comfortablyuncomfortable.fm to listen to past episodes and to direct your friends to listen to some of my episodes. Well all of them. Why not ll of them?. I have blog posts and you can read more about what comfortably uncomfortable is all about. It's pretty much about being uncomfortable. That's really what it's about, but you can read a little bit about that and there's a short bio on me. Listen, I love hearing from you and I have something very important to say and that is that when you go on Apple Podcasts, why not push that subscribe button?

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Now I come out every week with a new episode and I hope that they are helping you because let me tell you, if I've learned something, I don't want you to go through the heartache of trying to figure it out and we can figure it out together. It's completely, utterly, totally free, free, free to subscribe. That is it. That

is really the crux of the situation with me writing my book. I loved it, but, hmm, maybe I learned that I won't do it again, but it doesn't mean that I wasn't successful.

Listen, I gotta get outta here, but I certainly hope that you are completely, utterly, totally just like me. You know it, comfortably uncomfortable. Okay. Bye Bye.