

**Richard Gee**

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**From:** The Maverick Spirit [thespirit@spiritmailer.com]  
**Sent:** 29 August 2006 12:09  
**To:** Richard  
**Subject:** Richard Make yourself comfortable and grow... spiritmail29082006



**"If you can imagine it, you can achieve it  
If you can dream it, you can become it." WILLIAM ARTHUR WARD**

**Make Yourself Uncomfortable... August 29th, 2006**

I have discovered the writings of **Martin Avis**... and this message arrived today. Read it carefully and commit to making yourself "uncomfortable."

"All of us tend to live within a narrow boundary that we define as our own comfort zone. We know that pretty much anything that we attempt between the walls that we've internally agreed upon is possible for us to achieve.

Anything outside those walls may present a challenge.

And a challenge, God forbid, may make us fall flat on our faces.

When did we learn such defeatist behaviour?

When we were kids we didn't say, 'I'd better not learn to walk in case I fall over'. No - we fell over. Over and over again.

And most of the time we probably rolled around laughing about it.

We didn't refuse to speak in case we said something wrong. We DID say things wrong, and people laughed at us. But we learned.

We didn't look upon writing as something other people did. We practiced until our chicken scratches were intelligible (and if they never did become intelligible we went to medical school).

And then we didn't say to our teacher, 'I can't write a story today because I've never done it before.' We just accepted that this was another challenge to get on with.

So when did you, and I, learn to fear being uncomfortable?

What sets people who achieve great things apart from the majority of people who achieve nothing is the degree to which they are struck motionless by their fear of being uncomfortable.

So today, make an agreement with yourself that you will do one thing that will make you uncomfortable.

Embrace that discomfort and see it not as a harbinger of doom and defeat, but as a break in the clouds that brings a ray of sunshine to light up your world of opportunities.

If you try to make yourself uncomfortable every single day the walls that surround you won't just expand, they'll crumble to reveal a fantastic and exciting world that is yours for the taking."

Enjoy this issue of **The Maverick Spirit**... That's it for today, until next time, continue to enjoy being a free spirit in a complicated world...

Wayne Mansfield

**P.S.** Did you know that according to Ernest Hemmingway, you can only become a real man after you

have achieved four things: planted a tree, fought a bull, written a book, sired a son.

I have yet to fight a bull, so does that mean I am not yet a man?.

**P.P.S.** There are an awful lot of termites in the world. If you could pile all the termites on a giant set of bathroom scales and then pile all 6,642,299,400 (+) humans on another giant scale, the termites would weigh ten times more than we would!

**P.P.P.S.** Thanks to **Martin Avis** for the **P.S.'s** too...

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### And for something really different:

Visit my daily thoughts blog at [www.waynemansfield.com](http://www.waynemansfield.com) where you can leave comments and ideas on stuff that doesn't make it to [The Maverick Spirit](#).




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### Life's Little Instruction Book

Never ask a lawyer or accountant for business advice. They are trained to find problems, not solutions.

Take family vacations whether you can afford them or not. The memories will be priceless.

**Source:** H. Jackson Brown, Jr **Life's Little Instruction Book**

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### MAVERICK QUOTE OF THE DAY

**Believe big.** the size of your success is determined by the size of your belief. Think little goals and expect little achievements. Think big goals and win big success.



Remember this, too!  
Big ideas and big plans are often easier - certainly no more difficult - than small ideas and small plans."

from **'The Magic of Thinking Big'**  
by **David J. Schwartz**

**Samuel Maverick** (1803-70)  
Texan rancher who, when branding of stock was introduced chose **"Not to Brand."** Every unbranded horse or cow he then claimed as a **Maverick!**

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**Feedback:** I have selected a couple of words for today... and I hope to hear from you soon with your words of encouragement, wisdom and resolve.

**Hi Wayne,**

Just reading your facts on Norman Lindsay and the surrounding street names of which I live right nearby in Faulconbridge.

Did you know that the word Faulconbridge has exactly half the letters of the alphabet in it with out repeating any letters and every vowel in it as well. Plus I heard but can not confirm that it was considered one of the top ten climates in the world to live in. I like it anyway.

Thanks for your spirit emails, see you at another seminar I'm sure.

**Greg Power.**  
**Faulconbridge.**

**Hi Wayne**

Please resend **"Is That Really Your Momma"** as I can't see any pictures.

**Raj Patel**

**Editor:** You those you can't see the images in The Maverick Spirit, all issues are in the archive at <http://www.therarespirit.com>

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Until next time then... enjoy being a free spirit in a complicated world.

Wayne Mansfield Editor

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