

THE COMFORT KILLERS *handbook*

begin to begin even if it ends an ending

— stacy a. cross
the comfort killer

SC

- **I am a Comfort Killer** – I am passionate about taking necessary action to fulfill my dreams. I know and believe that I am creator of everything I experience in life. I take responsibility whether the outcome is good or bad. I have a deep trust in my journey because I believe in my abilities.
- **I am a Comfort Killer** – I write my goals down and read them aloud every day so that it may be reinforced and always in my thoughts. I conquer and dominate any challenges that I face with persistent and consistent action. I write my plan of action out in great detail and will not be sidetracked by any external forces.
- **I am a Comfort Killer** – I practice gratitude daily by appreciating what I already have in my life. I appreciate the people in my universe and all that I have already attained. I do this by saying it as soon as I rise in the morning. I thank the universe and myself for another opportunity to reach my goals. I say it out loud: Thank you for this day to create. Thank you for the support I have. Thank you for everything I do have. Today is a _____ day. (Productive, successful, beautiful, peaceful, awesome, abundant)
- **I am a Comfort Killer** – I create a value system and live through it. Integrity is important to me. Synergy is vital. I know that in order to receive, I have to give without expecting anything in return. I am always available to help anyone that asks. I also know that I must treat all my fellow humans with the utmost respect, because I believe that people will show up at the right time to support me.
- **I am a Comfort Killer** – I know that time is a precious commodity that I must manage wisely. I know that wasted time takes me further away from my goal and dreams. I dominate time by being mindful of it, working with it and I know that I have to maximize time to succeed.

- **I am a Comfort Killer** – During my travels and commute, I opt to listen to audiobooks instead of music and talk radio. In my free time I read books that will support my growth and teach me new techniques, strategies and standards that'll support me at the right time.
- **I am a Comfort Killer** – I know my power. I learn to change my attitude and vision. I no longer debate, argue or involve myself in meaningless activity among my peers. I excuse myself in conversations when people begin to complain or gossip. I do not watch the news.
- **I am a Comfort Killer** – I expand my reach by being around people who are more successful than I am. I offer help to these people but I do not expect anything in return. I change my crowd and by doing that I change my outcome.
- **I am a Comfort Killer** – I am honest and forgiving. I am genuinely interested in win/win outcomes in all my ventures. I always look at the growth potential in my failures and find a way to utilize the lessons learned in an effective way next time.
- **I am a Comfort Killer** – I am aware of my thoughts, so much that I can change negative thoughts into positive ones. I visualize my plan then execute them precisely. I meditate and relax daily as a way to tap into my creative genius which is always there to share the wonders within myself.
- **I am a Comfort Killer** – I know that action is the key to success – and no matter how small I take action everyday towards my goals. I know when something is not working for me when my intuition (gut feeling) says it. I listen to myself and I am conscious of the feelings I receive from any action I take.

- **I am a Comfort Killer** – I understand that my circle of friends should benefit and support my growth during this journey. I know that most of my friends may not like my choice to skip parties, dinners and events because I am too focused on succeeding. These friends will begin to say I have changed and I thank them for the compliment.
- **I am a Comfort Killer** – I know that willpower fades so therefore I motivate myself constantly by being around inspiring individuals, listening to other people's success stories or reading through my journal. I also self-motivate with positive purposeful experiences with family and friends who encourages my journey. I go to seminars and join meetup groups as a way to get pumped up for success.
- **I am a Comfort Killer** – I love personal development. I love when my strengths are utilized. I do not focus on my weaknesses, instead I outsource them. I set personal development goals for myself that I know will take me to the next level in life. I take pride in learning more about myself.
- **I am a Comfort Killer** – I know that the universe support and guide me. I know that success is an action word which is programmed as a ritual. I create new habits that strengthen personal power. I know that my success depends on if I get up, get out and get it done. I SHOW up with a winning attitude.
- **I am a Comfort Killer** – I expect the best for myself. I never settle for average results and always create goals that stretch me. My goals excite me! I know that small goals are pointless. I go all in and take risks. My approach is calculated and never erratic. If something doesn't serve my best interest, I simply say no.

- **I am a Comfort Killer** – I say no. I say no more than I say yes to a request. I know that I cannot commit to things that will not benefit my goal. I think before I speak. I do not react – I respond. I respond because I am responsibly and also because I am a genius! I am the genie in my own bottle. I create synergy. I am the master of myself.
- **I am a Comfort Killer** – I achieve goals and succeed. I love my life and take care of my body. I eat clean, healthy and balanced. Activity is one of my goals. Health is priority above all else. I learn more about my body through research. I find alternative ways to stay healthy. I don't watch the news. I don't rely on quick tricks in my diet. I eat clean and exercise. I measure results. I set goals.
- **I am a Comfort Killer** – I use fear to measure my strength. When I feel fear coming, I tell myself I will overcome it by doing the very thing that caused fear. I never doubt myself and never second guess a decision. I stand behind all that serves me – in my career, business, relationships and growth.
- **I am a Comfort Killer** – I create, plan, act and measure. I do it in that order. I get up early every day regardless of what is scheduled. I make it my duty to rise early and go to bed early. I already know what tasks I must complete for the next day because I write them down the night before.
- **I am a Comfort Killer** – I think and act like I already achieved my goals. I walk like success and talk like success. I visualize myself already in the state of achievement. If losing weight is a goal of mine, I make it specific. I tell myself that I love being my achieved weight even though I didn't even lose a pound. I begin with the end in mind.
- **I am a Comfort Killer** – This is my life now – This is the journey I am on. From this day on, I will live an uncomfortable lifestyle, overcome any challenges and create what I want in my life. From this day on I will be the master of my fate.

The Power of “I AM”

The power is within the knowledge and awareness of self. It is defined by the belief that we (the “I”) is superior to our body and mind. We must step out of the average mindset that we are weak, powerless and unable to control. We must begin to think of ourselves as the creator, one that controls space and time with purposeful action and determination. We are far more advanced than one would like to admit.

To say I AM is to create what is.

To back it with will and purpose, feeling and belief is to vibrate its existence in the now. The power of I AM is the first step to getting uncomfortable. YOU were told over and over that you weren’t good enough, strong enough, smart enough, tall enough, pretty enough, fast enough to SUCCEED.

I am here to tell you that YOU are anything you believe you are – with that said, start believing in greatness. The average, weak, middle class mind state will say: “I gotta see it to believe it – YOU will begin to shape things accurately by believing it first! You will first need to believe it BEFORE you can see it!

REPEAT I am a Comfort Killer AFFIRMATION every day!

Choose three of them that really resonate with you and BELIEVE IT!

✉ thecomfortkiller@gmail.com

📘 www.facebook.com/thecomfortkiller

🐦 www.twitter.com/stacyacross

🌐 www.thecomfortkillers.com

I have been on this self growth journey for almost two years now and I am learning something new about myself and the universe I create every day. There has not been a single day that I have not reflected about how I arrived here. Where is here? Here is at a beautiful state of gratitude, awareness and growth and ever since I made the decision to shift, there has been an ongoing aha-moment, that will likely stick with me until I return. It has been a beautiful yet frightening awakening that set me on a new course and journey of self mastery, discipline and success and the vehicle was personal development, awareness and **ACTION!**

Years before this sudden need for change, I was average. I did average things and hung out with average people. I got out bed every day with just enough time for a quick shower before heading to work. I was always late and found multiple external excuses to tell the boss man. I spent money without discipline and never saved. My debt was mounting and I was living pay check to pay check, miserable and hopeless. I was spent a lot of time in the casinos, throwing away my hard earned dollars. The thing about shifting is you will not notice how much you changed until your family or significant other tells you. Your old friends will be replaced by new successful and influential people – and this motivates you already. You will need time to plant the seeds however ... and this eBook is the soil.

The seeds were planted many years ago as a child looking in the sky and asking GOD, what am I here for? ***I guess you can say I shifted dramatically because where I look and find GOD now is not in the sky!*** I'd ponder things deeply and try to piece the puzzle of life on my own as a kid. I remember how a certain book opened me up like the flower in its last stage of blooming. The book was Napoleon Hill's "Think and Grow Rich." I know many of read this book or at least heard of it– If you haven't however it will not hurt to take a few hours out of your week and listen to the [audiobook on YouTube](#). If you already have a good understanding about "Think and Grow Rich" then you do not need me to remind you of the seeds that were planted from just that small action.

Reading books and compiling knowledge without applying it is a huge waste a time and just isn't enough to solidify your understanding. I will share details on how to apply this new found knowledge and make it work for you

Listen, I failed at all of my business endeavors, why? because I fulfilled my role as the CEO of starting, stopping and never continuing with it – My own family knew me as someone to start something, get really excited and then in 3 months or less quit.

My start, stop and never continue approach had been the story of my life and it was backed by my ever ready personal assistant, procrastination.

I usually stopped the very second when things got tough and required more than I was willing to put out. Don't get me wrong, I also managed to do a few awesome things back then too. I learned to build websites, I was a computer whiz, I created music since the age of 13 until 27 and all the while learning who I am.

But more about me later when I publish and release the hard-cover book, **Get Uncomfortable, with Stacy A. Cross**. My intention for writing this book is to shift the world! The entire universe! The book's format and structure will be just like my personal journal, using multiple entries from chunks of my life. I started writing the manuscript in 2009 (*I cringe when I read it now*) and then didn't look at it again until this year. No surprise there right? I will copy and paste what I wrote word for word in the updated version because it just wouldn't be fair to my younger, grammatical error ridden, hip-hop emcee, book-writing self. I tried various ways to seamlessly pick up where I left off but the Stacy then is different from the Stacy that is writing this book. The differences would be stark and the readers will catch wind instantaneously. Aside from being an open journal entry to who I am .. I will also expand on the journey that I am on and how I got there by simply allowing myself to **Get Uncomfortable.**

Many of you do not know who I am or what makes me special to even write this hand-book – That doesn't matter now anyway because you found it, you found me. And trust me, this is not an accident. My intention is to help, teach and coach billions of people so I appreciate how the universe manifested our interaction. I also know your intention is to find motivation, inspiration and support for change, growth and discipline so therefore, I appreciate how the universe manifested your desire. We are one – soon you will see.

Again, thank you for searching for something different and finding this, finding me. I give you the utmost respect and appreciation for the choices you made thus far, because I believe the seeds you planted somewhere along the line has lined us up.

Whether you utilize this handbook as a one and done or you continue to come back to it for resources and pointers, I appreciate you the same. I believe that this shift series is what you will need to create a wonderful life of love, prosperity, happiness and well being. Please get uncomfortable and once you complete The Shift Series EBook, send me an email! I am always looking to improve in anyway I can – I am also looking for testimonies for the website and if you provide a quick line or two on how it made you feel that will be super too!

Don't forget to subscribe to my podcast in iTunes or on your favorite cast player – www.podomatic.com/getuncomfortable

Ready to serve a billion people,

Stacy A Cross,

I seek the good in the universe and it shares with me the wonders in myself.

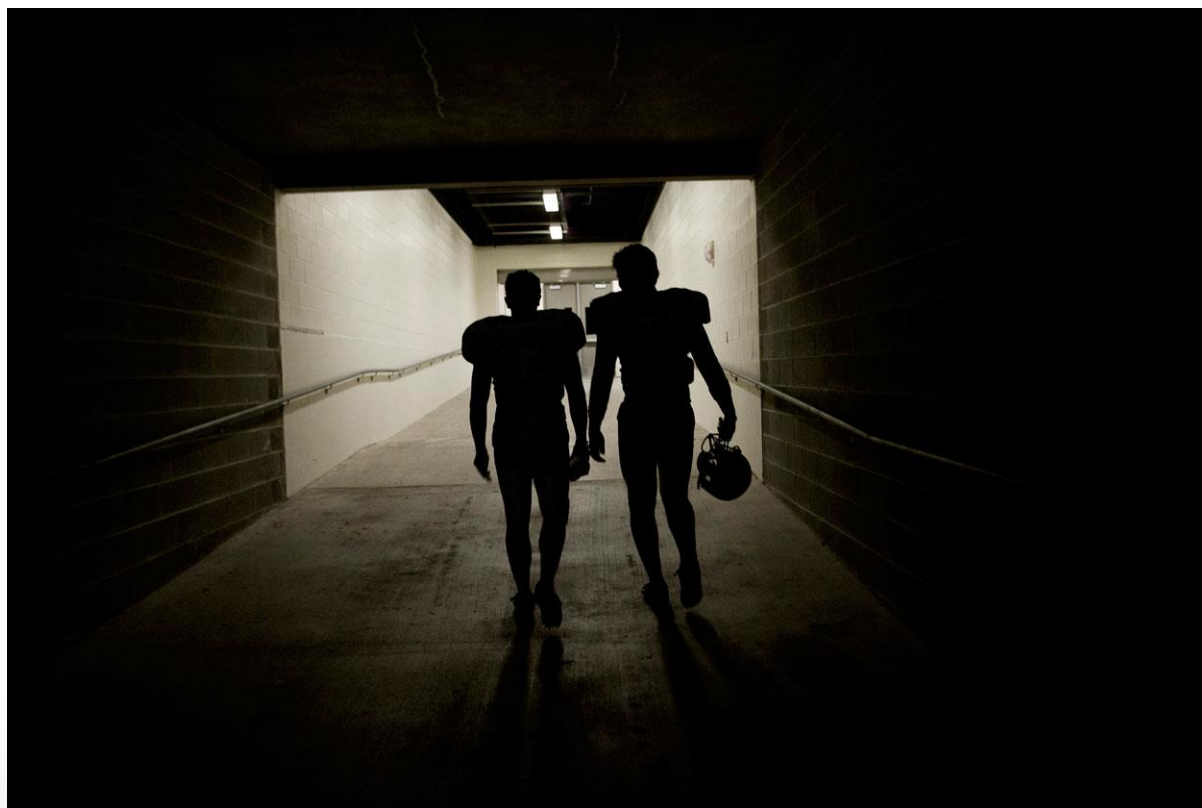
Introduction

Let's take a second to recognize how comfortable you might be at this very moment in your life. What brought you here? What were you looking for? What are you trying to do and why? You are probably saying to yourself, "I don't know" and that is fine. It's perfectly alright to have an out of body experience, in this case, it is when you are actually looking at your life from another perspective.

Let's call this perspective a fork in the road, and how you respond to this may determine the rest of your life. How bad do you want it, how much are you willing to sacrifice, to commit to this change. I am 100% sure that my ***get uncomfortable tactics, strategies and tips***, all taken from my experience will reenergize the giant that lays dormant inside you. We are all GIANTS, all gifted and all have a purpose on earth.

I will now attempt to answer the question I posed to you earlier—for you. I believe you are here because you noticed you were on a hamster wheel or things for you are starting to spiral out of control. I summarize this because I was noticing the exact same patterns of behavior, thought and action in my life. You want to achieve, dominate, develop or even seek awareness. You want success. You want to do more and be more than you are today .. Let's face it, you simply want a change. But, change is such a scary term so from this point forward we will call it SHIFT. In order to see a shift in your outward life you must begin inward change.....*shift*.

LITTLE JOHNNY MENDO & Brad



So, I interviewed myself and totally **ROCKED IT!**

Interviewer: Who is Stacy Cross?

I am all that is, was and will be. I am a human being that is currently learning how to be the best me. I made the choice to change my life lifetimes ago but thankfully I decided to listen to my higher self which resulted in me taking action about two years ago. During my shift, I discovered how awesome this chance of life is and how to live more purposefully - with meaning and intention. **I am Stacy Cross but before that, I am grateful.**

Interviewer: Please tell us more about what you meant by "thankfully decided to take action two years ago" what type of actions are you speaking of?

Well, great follow up question Stace! What I mean by that is, if I didn't decide to take the necessary actions to change my life two years ago then the momentum built during that time wouldn't have led to this - so in that sense, I am thankful. To further expand, ACTION was the last piece of the puzzle that was missing in my life and without it, there would be no shift. Everything leading up to last two years in my life was just hope and daydream. I was a big talker, big reader and can't forget the big "P" word - **Big Procrastinator**. Let me put it like this. There's a young kid somewhere out in the universe right now that believes he doesn't have what it takes to succeed at let's say, football. He doesn't have the body type, coordination, or athleticism. He doesn't understand the fundamentals of the game - but he is a winner so he decides

to learn and then burn (only cause it rhymes). During the following months, little Johnny *decides to* borrow a few books from his local library, spending countless hours thumbing through classic football artifacts.

He is learning, studying, reviewing awesome literature. He wants to be around the sport so *he asks* the high school football coach if he can be a part of the admin team, a score and STAT keeper during the game. **Coach agreed.**

After the coach found some errors in Johnny's stat work he decides to teach him what the stats mean and how to be better at it. Johnny then goes out and gets himself familiar with football stats. He loves the game - he now has a favorite team... well, his favorite team was passed down from his dad of course. Sure why not! "Go .. JETS!" Anyway, little Johnny is now interested in playing the game rather than keeping scores of it. It was a perfectly sequenced timeline when Johnny decided to get a gym membership and start to read up on endurance and strength training.

He plays pickup football games with the neighborhood kids. **He sucks.** Not fast enough, not strong enough and definitely not smart enough. He keeps his dream alive - Oh I forgot to mention, his dream is to play for the NFL. So as the story goes little Johnny is now in the 11th grade which is a total double edged sword. The sharpest side of that sword is typical. ...

GIRLS. Girls, parties and peer pressure or is just peer pressure. Johnny's football book rentals were overdue and the library sent him a letter - well more like an invoice.

Johnny, just pay us for the books you will not return. 28.00 plus late fees oh yeah and tax. Sad thing is Johnny misplaced the books months ago – but he really did try to look for them.

Johnny met Jenny and throughout his junior year in high school, all he spoke about was, Jenny & **Jack .. Daniels**. Johnny's football knowledge didn't go to waste because he knew that the JETS would lose against the Cowboys because his STAT intellect kicked in like clockwork from Thursday to Monday the entire NFL season.

He started to wonder about his dream of making it PRO. He never did write down his goals but from time to time, thought about it until a feeling of guilt and disgust took over.

[I bet your saying to yourself, "Stacy .. just get to the point about Johnny" - Do you even remember the topic this story spawned from. Or are you as lost as Johnny in the 11th grade with no plan, no goal and no consistency?]

[Oh yes! You remember now, we were discussing a point I wanted to make about not taking action, and action being the **ONLY** way one will begin to change for success - Okay, just making sure you are still with me]

Interviewer: As you were saying .. guilt and depression?

Nope Stace. I said guilt and disgust. Johnny found himself in a deep depression however. His chance to actually play high school ball was slim and without that how could he play college ball or fulfill his dream to play pro? It was then that Johnny stumbled upon the book "**Think and Grow Rich**" by **Napoleon Hill**, which is a cult classic - it was the type of book that gave all its readers (serious ones) their first ever "Ah-Ha" To be transparent, that's where my first aha moment came from too!

The book was left on the chair in a restaurant of some sort. Little Johnny picked it up and couldn't put it down. Page after page he read, discerned, wondered, believed and imagined.

Soon after Johnny's dream was reignited with PASSION, he finally had the secret to life and growth and success, wealth and purpose. **Alls Johnny had to do was think his way to success and write his goals down and really BELIEVE it.**

He wrote his affirmations down and read them like clockwork every day until he no longer needed to read from the paper - he had them memorized word for word and in the very same order he wrote them initially. You should have seen little-big Johnny then. He woke up with zest, studied hard, focused on his game plan which would go LIVE the summer following 11th grade. He was so darn excited and majestic he told himself he would keep the secret a secret, and come the following year he would pull out the secret weapon and let everyone have it at school. [I did NOT mean for it to come across like that - take your mind out of sensationalism]

The secret weapon was his ARM. Johnny had been practicing and weight lifting daily. He accidentally ran into some guy at the gym that played some college ball, went pro but never even seen the locker room due to an off-season injury that never fully healed. This guy liked Johnny and believed in him wholeheartedly, so much that **he coached and trained Johnny for FREE!** Johnny just thought of him as some guy that was better than he was - but that changed when Johnny found out through google that the guy really did make it PRO. In June Johnny was 5'8 but in August little Johnny was 6'1 and put on more lean muscle than his injured coach and mentor.

The early morning workout and fitness routine started to pay off in compound interest dividends. It was such a huge turn around for Johnny, he made all efforts to eat clean and take care of his prized possession, his body. All that was left now was to try out for varsity ball. In the back of his mind was fear and failure. He doubted his abilities being that this would be the first year he tried out for the team in all 4 years. His coach, that guy, was proud to see the machine he molded, **he wanted to see Johnny succeed badly partly because if Johnny succeeds then he would have also.**

[That guy needs a name. Let's call him Mendo, short for Mentor or Mendozolo or even Meningitis. It's short for whichever you like.]

Football camp/tryouts were tough this year - as stats would prove, a long armed alpha jock that just moved in the Johnny's school district was also trying out for the top spot. The jock's parents divorced and he was forced to go live with his momma! He much rather live with Dad in the big apple, he loved the fast life and vibrancy of it. Plus he had his eye on PS167 or was it PS190. Not sure.. it probably could have been a charter school where football was GOD! The alpha jock's name was typical as heck too ... **His name is Brad.**

Here it is the moment all three had been waiting for. Let's dissect a few things before moving forward.

We all know a Brad. Everyone had a Brad in their high school, or in the office. The guy that made everything look easy. He did what he wanted, say how he felt and looked good doing it.

Everything is natural to big Brad.

His way with the ladies, his looks and hair- PERFECT 10. He can do no wrong - There is one Brad for every 10 Johnny's. The Brads of the world end up running the companies their father started or they may get full athletic scholarships just to show up at homecoming.

These are the RED TIE types with board room family ties types. They seem like they never had to work a day in their lives. Everything comes easy to Brads - especially the ladies! Here is when perception comes into play with a dash of bias, maybe a cherry on top for good judgement. Here is what happened to THIS Brad and maybe every other Brad you know or think you know.

This Brad had it bad (not because it rhymed). This Brad grew up in a shitty situation his entire life whether it was witnessing his mother getting abused or whether it was feeling guilty and disgusted AND depressed for not living up to his parents dreams. You better believe there was always tension and turmoil in **this** Brad's life. Outside looking in he was quite a charm especially during school hours. The teachers all loved him, he somehow pulled off straight As and Bs and found the time to be active in various school clubs. He never wanted to own a business like his father, never wanted to become a lawyer, doctor or chairman. He didn't know what he wanted but he didn't want to be like them. NYC was appealing to Brad because he believed his chances would be greater for recruitment opportunity. ***Does anyone scout in small towns with no name high schools, with ZERO recruitment or STATS? – I ask myself.*** He asked himself the day before tryouts, **"does this school even have a winning record?"**

Brad believed in **giving yourself an unfair advantage in life**, the type of advantage that'll make the weak minds strike against THE MAN.

If Brad learned anything from his parents it was walk like a winner, talk like you won and back it up with action. They were upstanding citizens even though behind closed doors they were worst than the Jones's. Brad's life and high school football career abruptly changed when his parents filed for a divorce. Everyone seen it coming - no surprises there. This made Brad angry, down right pissed off and resented what his mother did to him, oops and maybe his Dad too. Mother was no saint and Dad was no Pope. Momma had to move down into the **comforting and welcome arms of the middle class** but Dad somehow managed to move into an apartment in Manhattan. Maybe his mistresses, who knows. Either way, a semi-happy home torn apart and I know you can find some STATS that can back this one up.

Brad stopped caring about really succeeding after the move. He pleaded with momma to stay in the same neighborhood so he can finish out the school year and maybe just maybe get scouted by colleges. I wonder what a college's take on high school drop out / move out is? I believe, if you're good then you're worth following right? WRONG! At least that is what Brad summed up. No one is going to give two shits about him and what he did for the last three years. It's washed up and so was he. But let's stare back inside from the porch. Brad is THE MAN! Tall, pale and handsome. And guess what! He's trying out for varsity football this year! **Go Brad!**

Mendo (I forgot what I shortened it too, so it's going back to that coach guy). That coach guy is super excited - he has been thinking about getting his life together after tasting success A LA CART then very soon watching the menu break its ankle. He has been hanging around the gym, lifting and sometimes even gifting (that one rhymed nicely!) patrons with his stories from the past. "Bro! All I wanted was a spot on the bench press, not a shot of your depressing failure. I gotta note to myself, don't make eye contact with this guy" The coach was humbled however...had to be! That sort of fizzled fame will leave a lasting "what's the meaning of life" itch around your occipital lobe super quick.

Even after the success Mr. Coach somehow attained, there had always been an empty feeling of nothingness about his life. He always whispered to himself, "I am happy that I didn't make it, I believe that if I didn't break my ankle and fumbled off the list, I still wouldn't be happy" Mr. Coach just loved telling his story hoping that someone would bite and ask him for advice, the type of advice only an experienced failure could dish. "The only way up is down" or "You should probably start off with 5 lb dumbbells champ - don't go straight for the 200lb dead lift" - His gym was full of clunkers, the kind of weight trainers that became weight trainers only after watching the Arnold Schwarzenegger's documentary and getting a subscription to musclemen magazine while exploring mega shred whey in the Vitamin Shoppe. He could spot them easily.

Their routines were short lived, in fact, they did not have a routine. They shuffled around their music and checked their news feed on Facebook for 10 minutes at a time in between sets. Well I guess you can't call them sets. They walk right pass the treadmill as if it were a ticketed ride at a carnival.

They had all sorts of mixed fruity colored protein shakes in some very nice and expensive canisters (always clear).

Mr. Coach always laughed out loud when the guys would shake the bottle angrily as if it were a Bahama breeze smoothie. He would shake his head and go back to counting reps in his head. Mr. Coach somehow managed to cross one year of physical therapy off his list to a successful recovery, which was a major accomplishment next to writing a book.

But first he would create an eBook and give it away to anyone that wanted it - sadly, he couldn't get that far along when he started a conversation in the gym. Again, note to self: "Do not make EYE contact with THAT guy." The eBook was a program that would help injured athletes recover faster and get on with their lives. **The eBook idea was pretty good, I must admit.** It was fact-based and used practical step by step guides that helped anyone who was suffering from a sport-related injury. The book also gave insight on what supplements and diets to include as a way to reduce fatigue and atrophy. The book's goal seemed to revolve around cutting therapy sessions in half and allow its readers time to focus on training new muscle groups. Mr. Coach actually spoke with many doctors, sports injury experts, and many injured athletes on what works, what doesn't and the possibilities of pushing injured subjects beyond the standards of recovery rate per injury. Mr. Coach even met up with some alternative medicine gurus who gave him tons of data and mind blowing insight on how to treat injuries with mind power, thought and discipline. Mr. Coach did not stop there.. he put his eBook to the test on himself and recorded his results, regardless if they were positive or negative. I have to say he created something that really could help injured athletes and the best part about it is

--- IT WORKS on non injured athletes too. The results were recorded for little Johnny's two month program. This is unbeknownst to Johnny however, who just wanted a better workout plan. Mr. Coach found that his techniques, clean eating regiment, & mindset focus could possibly be his ticket to coaching and building a business around sports injury training and development.

I can see it now - New York's bestselling almost pro turned personal trainer and coach turned author turn millionaire - forget that, zillionaire.

That's just me again taking a peek from the outside, looking in with bias, judgement and YES, I would like a side of perception with that. Mr. Coach really did care about changing lives, but no one wanted to hear him. No matter how great he looked, his approach was always creepy. Like maybe he's selling to the wrong crowd. The peanut guy going up and down the hospital's nut allergy unit screaming, "get ya nuts here!" or how about this example, a coach looking for students in a gym full of know-it-all punks that play Drake on repeat .. yes! One long song. Either way, the eBook was just about complete and Mr. Coach is completely ready for Johnny's football tryouts success as the final piece. Well not the final piece per se - it will be used for his testimonial section. Oh, he is learning about internet marketing too! Mr. Coach has turned out to be a real entrepreneur. But he doesn't know it yet.

Interviewer: Wow Stacy, this is a great story. So let me see if I can summarize this into one or two sentences. Little Johnny has a goal, Brad doesn't and Mr. Coach does but his goal depends on little Johnny's success?

If that's how you want to cliff note it so far then go right ahead. This story does not have a beginning, middle or end. It just is. The pieces that make sense just do because it's for you. If the entire story fits together then so be it. I am still on the point of "how thankful I am for taking action to change my life" **Please don't make this about Johnny!**

Interviewer: Okay so then what happened next .. Did Johnny make the team! How does this damn story end!

Everyone wants to rush to an end. The research will be necessary, books are vital, mentors invaluable. There is no end, just as there was never a beginning or a middle. I really do not want to make this philosophical or abstract because it is not. Leading up to this exact part of the story we find that action is necessary. Action is to success as oxygen is to life or breath. The breath of life. I just don't believe in accidental life shifts anymore.

Interviewer: What do you mean when you say accidental life shifts.

I believe that if anyone started changing it was set in motion way before this lifetime. Spiritually, how can something begin? When did it begin for little Johnny? Was it something that happened all of a sudden out of nowhere or did it actually start when he was in diapers sitting in the crib while his dad watched football games all Sunday. How do you find yourself liking something? What draws you back to it? Where does it stem from?

Was it an accident that little Johnny got his hands on Think and Grow Rich by Mr. Hill or even an accident that he was the only one to listen to that guy's story about almost going pro? Are these accidents or simply cause and effect. What if he didn't decide at the end of junior year to go for it all .. do you believe that something else wouldn't have allowed him to relive the vigor that laid dormant inside him over the years?

When there is a high level of action you can bet on proportioned results. So, I don't know what the end of the story is. **It's whatever you want it to be.** If you want Johnny to go on and make varsity and go straight to pro then that's what he did. If you are still a bit shaken by the presence of Brad and want him to fail then be my guest. You want Mr. Coach to succeed... me too, end it that way. Whatever way you set out to end my story is the way it happened because I believe firmly that the definition of life is a series of events that prepare you for the next series of events that prepare you for another series of events and so on. The reward is wisdom, understanding and life lessons.

Interviewer: Okay! A story you finish on your own huh? What do you think readers should get out of this?

Here is what I got out of it. A little over 20,000 words in 3 hours by simply, writing my own interview. I made a promise to myself last night just before I fell asleep. **I promised that I will do whatever it takes to accomplish my goals...and this was one of them.** So if there is something to be taken from this its to figure out a way to create and then don't stop creating. Again, no matter how small the action taken, you will receive some form of result. The search is over, you know exactly what to do and how to achieve it!



EMAIL: thecomfortkiller@gmail.com | **WEBSITE:** www.thecomfortkillers.com

ARE YOU A COMFORT KILLER? JOIN OUR COMMUNITY
www.facebook.com/groups/thecomfortkillers