



June 13, 2024

Today I'm excited to tell you a story about my client Sheila (not her real name).

I've been working with Sheila for a little over a year now and she never ceases to amaze me.

Sheila has faced challenges at work and in her personal life, and watching her have breakthroughs and move ahead despite these obstacles is one of the most rewarding parts of what I do.

One of Sheila's goals this year has been to improve her physical health. She's been committed to moving her body more, to the point that she joined her local Orange Theory Fitness (OTF).

Due to starting an exciting new job just a few months ago, she'd been letting this commitment to her health slide just a bit.

Which is why when we got on our call last week that she joined directly after an OTF class, she couldn't wait to talk to me about it.

Why was she so excited to tell me about this particular accomplishment?

Because, as it turns out, she hadn't wanted to go at all to begin with.

I mean, she REALLY hadn't felt like working out that day.

Yet she decided to put on her gym clothes and head over, telling herself that she'd just walk on the treadmill. To her, any movement was going to be an accomplishment that day.

And lo and behold, as she started walking on the treadmill, Sheila realized she could go a little bit faster. And a little faster after that.

And wouldn't you know it, Sheila ended up burning more calories than she ever had at OTF. She felt AMAZING. When I asked her what she was learning about herself and what she's capable of, here's what she told me:

"I realize that I can be kind to myself and still make progress. My fitness coach wanted me to go at my base pace, I decided that wasn't in the cards for me that day, that walking is ok for me because it's still moving. I am valuing myself, taking care of myself, and still moving forward and achieving my goals."

In other words, when we respect ourselves and trust that any step towards our objectives are steps in the right direction, we win.

There is literally no way to achieve what we want if we don't move out of our comfort zones and take that first step.

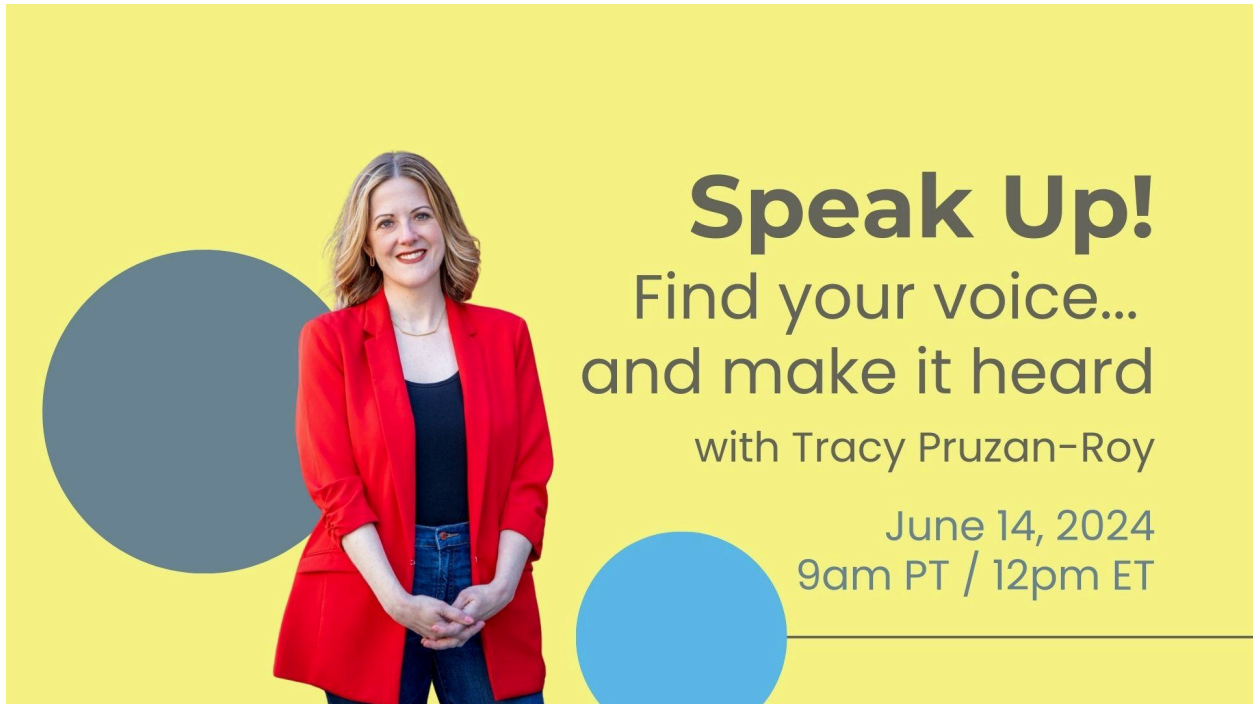
Remember this: **You don't need to be great to begin, but you must begin to become great.**

What first step are you committing to take today? Hit reply and let me know!

Cheers, Tracy

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In case you haven't registered yet, I'd love for you to attend my **free virtual one-hour workshop tomorrow!**



This workshop is for leaders at all levels who are looking for ways to amplify their confidence and transform their impact no matter the situation. Learn how to be heard and elevate your influence.



In this workshop, you'll be given frameworks on how to replace your limiting beliefs with empowering ones; overcome fears about having a seat at the table; learn how to handle your nerves when it comes to using your voice; and walk away with action item(s) that will help you unlock your potential.

[Save your seat here!](#)

Please feel free to forward along to anyone you think could benefit.

If you have any questions, let me know. I can't wait to see you there.

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  In case you missed it, I was recently a guest on Jennifer McAllister's podcast [Ju\\$t](#) [Figure With It Out](#). In this episode, we discuss my journey from media research

executive to executive coach, starting with my lifelong love for media and figuring out how to break into that world, to how an unexpected event brought me to my current career, including my learnings along the way, including:

☀️ The importance of setting boundaries to achieve balance

☀️ Self-care

☀️ Focusing on what we can control

☀️ How language and personal experience can play a role in how we interpret situations

☀️ How we find the confidence to take steps to achieve our dreams.

I'm excited for you to give this a listen - please let me know how this resonates with you!

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I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

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Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!