



March 7, 2024

The other day I was driving home from errands and, as I typically do, was jamming out to First Wave on SiriusXM.

Out of nowhere, one of my all time favorite songs, one I hadn't heard in years, started playing:

[Overkill](#) by Men at Work.

As I started singing along, still remembering every word by heart, I actually had to pull over.

I was getting emotional. The lyrics were hitting really close to home.

I can't get to sleep

I think about the implication

Of diving in too deep

And possibly the complications

Especially at night

I worry over situations

I know will be alright

Perhaps it's just imagination

When I first heard this song at 9 years of age, I was too young to understand the lyrics and just thought it was a catchy tune. When I first heard this song in 1983 at 9 years of age (I dare you to do the math! 🤪), I was too young to understand the lyrics and just thought it was a catchy tune.

Today when I listen, it feels like it was written specifically for me.

Lead singer Colin Hay, who wrote the song, explains its meaning:

"It was a song about what was happening at the time, the experience we were going through of stepping into the unknown. It's about having a fear about that, but also knowing that what was going to happen was inevitable. Leaving behind where you are and stepping into something which is out of your control to some degree. That's what it felt like at the time."

I know firsthand what it's like to step into the unknown - and to not be able to sleep, worrying about what could go wrong.

When I left my corporate career and pivoted to coaching, I had no idea what life would look or feel like, if I'd be able to start over and be successful.

Yet I knew there was something more for me, that I was ready for new challenges, that it was time to explore what I was truly passionate about.

Did I have sleepless nights? You bet I did! (full transparency: sometimes I still do).

Did I embrace the unknown despite my fears? Well, you know the answer to this already!

Yes, when I finally made the decision to do the big scary thing and switch gears completely, it felt overwhelming and daunting.

Yet I was determined to follow my heart. And I'm so glad I did for numerous reasons - perhaps most important of all, it's put us in the same orbit!

My career journey serves as a reminder that we all possess the power to transform our lives if we're willing to embrace change and pursue our passions.

I encourage you to reflect on your own journey and consider what steps you can take to unlock your full potential.

[Side note: If you're wondering how I cope with fear and anxiety today, I point you to this [newsletter from November 2023](#), which gives you insight into how I keep the worry monsters at bay - and randomly enough, is also focused on SiriusXM radio. I'm sensing a connection here...]

What's one step you will take today to stop feeling stagnant and start moving forward?

Cheers, Tracy

ICYMI, on March 15 at 9am PT / 12pm ET, my friend and colleague [Rachael Freedman](#) and I will be hosting a powerful workshop on how to overcome your limiting beliefs (see image below). We facilitated this at Google with 200 people back in January and since it was so well received we want to offer it to the public. Come join us online to Unlock Your Potential!

You can obtain your tickets to the workshop through [eventbrite](#). Please note: *Due to eventbrite policies you need to purchase tickets to this event in the web browser, not in-app.*

The cost of the event is \$29. And as a member of my community, I want to offer you a **discount!** Use code **mindset2024** to get \$10 off. If you're in a financial hardship and still want to attend, please let me know as we have spots reserved for you.

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.](#)

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!