

# ACE WOMEN'S Network™ Michigan

*Mentoring Mondays ~ August 3, 2020*

**Expansion: Potential is determined by your ability to expand beyond what is comfortable.**

Like the universe, we are either in a state of expansion or contraction at any given time. In order to achieve our fullest potential, we have to be willing to expand our actions beyond our present state of comfort. As the old saying goes, “If you always do what you did, you’ll always get what you got.” As we grow and age, we develop a fear around failing and that comfort net is ever present in what we do. It is our willingness to see why something has not worked and our ability to adjust accordingly that success is bound to occur. It is in our willingness to do things that are unknown and unfamiliar that we experience a new side of ourselves. Expansion is a state of acceptance and a willingness to step outside of what is comfortable in order to experience what is possible.

An excerpt from *The Law of Achievement*, by Kathleen Gage and Lori Giovannoni.