

The Power of Slow

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The Daily Stretch ~ Day #4 “One Small Suitcase, One Big Dream”

Posted by [powerofslow](#) on April 21, 2011 · [Leave a Comment](#)

Like the comedian Jim in the last post, [Manhattan Life Coach](#) Julie Melillo moved to the big city with only a suitcase, knowing no one.

Having moved from her home state of Arizona, she had always wanted to move somewhere else, but was terrified. Her big stretch involved answering the question — how on earth do you just pick up and move? Then one day, she decided to just do it. Though she, like Jim, knew no one in New York City, and had no apartment there, she sold all her worldly possessions, including her car and bought a plane ticket to the Big Apple. The only thing she brought with her was one small carry-on. At the time she only owned one pair of shoes.

Ladies, are you listening? It is possible!

For three weeks, she stayed in hostels for with bunk beds that hosted up to 10 strangers. It was what you could call a humbling experience. Finally, she found her first apartment in the East Village.

It was very challenging to not know anyone there and walk the streets at night in the rain and have no idea which way was north. But overcoming those challenges — meeting lots of friends, expanding her business, finding her way around, helped her realize she can overcome any challenge she sets my mind to.

“You don’t go into an experience knowing everything,” she admits. “You learn it as you go. That gives you confidence.”

Now she lives on Wall St. with my husband whom she met in Manhattan. She uses what she learned in her ‘daily stretch’ to coach CEOs, financial traders, entrepreneurs and actors to help them cope with the intensity of their challenges and build their foundation of strength.

“I realized that anyone can become anything they’d like to,” Julie concludes. “Regardless of how terrifying or impossible it may initially seem. Anything is possible.”
And that’s the truth, ya’ll.



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