

Get Comfortably Uncomfortable

✖ The desire for comfort has created much of life as we know it. Air conditioners were invented to keep us cool during hot seasons. Roofs were installed to shelter us from rain, snow and insects. Electricity is used for many purposes including the provision of light in the midst of darkness. Commercials for new automobiles tout the latest amenities that you supposedly cannot live without. Although the desire for comfort may be one of life's priorities, comfort can also be a hindrance to achieving your goals.

T. Harv Eker, president of Peak Potentials Training went from zero to a millionaire in only two and a half years. He says: "the only time you are actually growing is when you are uncomfortable." Being comfortable may give you warm fuzzy feelings. Yet, these feelings do not usually cause you to grow. Successful people have learned how to live by becoming comfortable in the uncomfortable zone. The desire for comfort causes you to shrink back from your fears. The need for comfort keeps you from developing new relationships. You can see from these statements that comfort can be your enemy.

The next time you are uncomfortable, congratulate yourself. Say to yourself, *I must really be growing*. Now embrace those uncomfortable feelings. You have just entered your new season of being comfortable in being uncomfortable.