

“Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new.”
Bryan Tracy

Be in 'the zone'...but which one?

How we relate to the feelings of comfort, stretch & panic may hinder our progress towards achievement.



Learning to stretch *and feel comfortable with it* is vital to achieving progress. When stretched, our abilities are challenged but, when stretched appropriately, we gain new skills and knowledge from that experience. Then, armed with new approaches, each of us can begin to achieve more.

It's vital that the amount of *stretch* is right for each individual and no two people are the same. **One person's 'stretch' is another person's 'comfort', yet can feel like 'panic' for a third.** Stretch too far and you create panic or overwhelm and that's not where anyone wants to be. Once there, a desire to slide back to comfort can prevail; ok in the short-term perhaps, but potentially damaging for progress.

Mentally...emotionally...physically.

