

THE UNCOMFORTABLE PATH



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INTRODUCTION

WELCOME



We are honored to have you here. It's easy for us to say that without ever having met you. The fact that you want to learn more about turning discomfort into personal growth makes you a lot like us. We respect that you see the benefit in taking an uncomfortable path when it's required to reach some new level of achievement.

We won't take up more of your time with this welcome message. You're probably ready to start, so let's examine what you will get from this eBook.

WHAT YOU WILL LEARN

You're here to embrace discomfort. That might sound a little unsettling. Who wants to welcome an uncomfortable situation with open arms? Isn't it smarter to limit your exposure to environments where safety, security, certainty, and comfort are your constant companions?

There are at least a couple of correct answers to that second question.

If you are one of those rare individuals with everything you need, want, and desire right now, it might be wiser to ensconce yourself in your comfort zone and stay

put. The number of negative experiences you have to deal with will be severely limited (but so will your growth).

On the other hand, you are probably here because you want a better reality than you currently enjoy. If that's true, limiting your life to safe, secure, certain, and comfortable experiences isn't for you. It would be best to constantly move outside those cozy and limiting borders to realize important breakthroughs.

By the way, we're not just talking about physical measurements when we mention things like zones and environments. There are different types of comfort zones. They exist in mental, physical, emotional, financial, and other states. This eBook will help you confidently move past your comfortable limitations in all areas of your life so you can realize important achievements.

This begins with Module #1, "Understanding Discomfort." You will identify exactly what your comfort zone is and why you probably don't want to spend all of your time there. We'll share the benefits of getting uncomfortable to realize important personal breakthroughs.

Module #2, "Facing Discomfort," discusses the importance of making your goals challenging and uncomfortable. The role of uncertainty and inevitable change for personal growth is also covered. Then, we'll discuss some techniques for embracing uncertainty and change and setting ambitious but achievable goals.

Module #3 is titled "Navigating Discomfort for Personal Growth." In the previous module, you learned to face discomfort. Now, you need to take action. Since moving beyond your comfort zone means you will encounter failure, we'll show you how to build resilience and grit so you keep moving forward.

Mindfulness is one technique that can help you conquer limiting discomfort, and self-reflection leads to personal growth. Here, you will learn how uncomfortable situations can lead to big breakthroughs.

Important points are summarized to close out each module of your eBook. You also receive exercises that deepen your understanding of what each module teaches. They help you practice what you learned, meaning more success when embracing the uncomfortable for personal growth and greater achievements.

This begins with understanding something your parents tried to keep you from experiencing as a child ... discomfort.

MODULE ONE: UNDERSTANDING DISCOMFORT



One of the main jobs of parents is to make their children comfortable. You are taught from a very young age to avoid anything uncomfortable. While this is a natural and honorable desire for your parents to have, big breakthroughs as a child usually happen when you are anything but comfortable.

As a crawling toddler begins to walk, he stumbles and falls regularly. Scrapes and bruises often reward a child for embracing discomfort and trying to do something that fills them with uncertainty and possibly even fear.

Parents learn to grit their teeth and resist helping their children when they repeatedly fall while learning to walk. They understand that what might be uncomfortable for them to watch and their child to experience will eventually be better for both.

The bumbling baby experiences less discomfort and anxiety as he gets better at walking on two feet. His confidence and independence grow. The parents learn to accept that they can't do everything for their child, or they will slow down development and growth in important areas.

The baby and the parents experience personal growth by getting comfortable with discomfort.

THE DEFINITION OF DISCOMFORT AND ITS ROLE IN PERSONAL GROWTH

You have your own ideas about what's comfortable and what's not. They are similar to what other people believe in a lot of ways. Few people enjoy being sticky, sweaty, and dirty after some physical exertion, with no way to clean themselves. What if you had to stay this way for an entire day? That's not something you would look forward to.

Imagine that you had to spend some time with someone you don't like. They feel the same way about you. Only the two of you are in a small room, and you must stay there for a couple of hours. Talk about discomfort!

The Merriam-Webster dictionary gives us the following definition.

“Discomfort: mental or physical uneasiness; annoyance.”

An environment can be too cold or too hot for someone. Smelling smoke when unsure about the source can cause you more than just some anxiety. Hearing thunder and feeling rain on your skin can be troubling if you have no immediate access to shelter.

Mental discomfort can be disturbing. The claustrophobic person experiences powerful negative emotions when they feel confined. A person hearing that their company will be laying off many employees could experience extreme mental discomfort.

In these cases and others, discomfort can lead to personal growth if handled correctly.

The person in a chilly room might not have access to climate control. That can be uncomfortable. When they remind themselves that they will leave the room in a few minutes, they learn they can face a little physical discomfort without serious consequences.

A man is walking to his car that's far away in a parking lot with no protection from the elements. It begins raining heavily. His instinct is to be upset at this uncomfortable situation. He picks up his pace, eventually getting to his car a little wet but none the worse for wear. Instead of whining about his situation and letting it ruin the rest of his day, he shrugs it off as not a big deal.

Those people enjoyed personal growth in some small way.

They stared down their uncomfortable feelings and conquered them. This is the role that being uncomfortable plays in helping you grow as a person. It can reveal that you are stronger and more capable than you may have believed. That leads to self-confidence and the belief that if you overcome discomfort once, you can do it again. This can lead to big achievements.

Embracing discomfort can also lead to much more significant and long-lasting growth than in the examples above.

THE BENEFITS OF EMBRACING DISCOMFORT FOR PERSONAL BREAKTHROUGHS

When you get better at anything, you have enjoyed a breakthrough. You've



pushed past a plateau or level of achievement. Maybe you smashed your all-time high score on your favorite video game. Your savings account has never been healthier. The person who has agoraphobia bravely steps foot outside of their home.

Impressing yourself with your best score ever on a videogame doesn't necessarily require you to get uncomfortable. Abiding by a strict budget to save money can cause some discomfort. Agoraphobia is an irrational and extreme fear of crowded or open places. It can make it difficult, if not impossible, for a person to leave the comfortable environment that their home provides.

Overcoming this debilitating phobia requires staring discomfort in the face and embracing it. Imagine the breakthroughs in confidence, independence, and self-esteem the agoraphobic person realizes when they dare to leave home and face their fears.

This is an example of the wonderful benefits you can receive when you bravely engage your discomfort rather than avoiding it. Here are a few reasons you should start getting comfortable with feeling uncomfortable, a few of which we've already mentioned.

- You can enjoy liberating breakthroughs that make you more independent.
- The more you challenge your uncomfortable feelings, the less discomfort you experience in the future.
- Your self-confidence and self-esteem get a boost. You start believing in yourself more.
- You can achieve truly remarkable things in any area of your life because the discomfort of failure doesn't keep you from moving forward.

- Being uncomfortable doesn't stop you from acting in a way that's beneficial to you.
- You can build stronger, healthier relationships.
- Learning anything becomes easier because you no longer fear feeling uncomfortable when you try new things.
- You become more efficient and productive, leading to quicker goal achievement.
- Embracing discomfort reveals opportunities everywhere. You no longer see being uncomfortable as automatically a bad thing.

The life-changing benefits of looking at discomfort in a new way are limitless. Start looking at uncomfortable situations as possibly rewarding rather than potentially negative. Most things that hold us back are linked to feelings of uncertainty, fear, and anxiety rooted in uncomfortable perceptions. Tackle those perceptions head-on, and you nearly always find that you are stronger and more capable than any perceived limitations.



DEFINING "COMFORT ZONE" AND ITS LIMITATIONS

You might not have spent much time defining a comfort zone. Even so, you know what it means to you. This is a place where you feel safe and secure. You know what to expect, good or bad. This may not be the most glamorous, exciting, or awe-inspiring place in the world, but you feel in control.

For a deep dive into how this can be a limiting space, let's turn to the Positive Psychology website. It gives comfort zone the following definition.

"The comfort zone is a behavioral state within which a person operates in an anxiety-neutral condition, using a limited set of behaviors to deliver a steady level of performance, usually without a sense of risk."

You don't experience much anxiety. Notice that a person in their comfort zone doesn't do a lot. Their behaviors and actions are limited. The performance or results they create are predictable and steady. There is little to no risk.

Sometimes, you can take a lot away from a definition by what isn't stated.

Nowhere does this say that a comfort zone is the place for achieving amazing things. Whether you go with the above definition or any other you find online or in a physical dictionary, you will never discover that your comfort zone is the key to personal breakthroughs or achieving your goals.

Don't get us wrong, the comfort zone has its perks: low anxiety, very little risk, if any, and a steady level of performance. It's a great place to be when you need it. However, staying there too long is the perfect recipe for limiting your life, experiences, and achievements.

How do you develop new skills if you never move past what is comfortable and familiar? You'll never have more than you have right now. Your mind, body, and emotions can't grow. They stagnate. You limit your potential in so many ways when you decide that you are going to lock yourself inside a safe, secure, and familiar environment that doesn't allow for growth.

SIGNS OF SOMEONE STUCK IN THEIR COMFORT ZONE



Our comfort zone is so comfortable that sometimes we don't even realize we are afraid to leave it. If you aren't sure what's happening in your world, look at these signs that you might be stuck in your comfort zone.

A Person Experiences, Displays, and Seeks Little Change

This person might never leave his hometown. They don't like being tested

mentally in any way. What they know is that their physical environment, relationships, and jobs are all fine and dandy right where they are right now (even if they aren't great).

They don't like change because that means getting uncomfortable. This person's life isn't going to change much at all, for good or bad, from when they are a young adult to their golden years.

Complaining Rules

Nothing new happens, so you watch others live wonderful lives and achieve great things. Why doesn't it happen to you? Why can't you live the life you desire? Since you are scared to address discomfort and uncertainty, the only certain thing is that you'll have a lot to complain about. You might be surviving, but you certainly aren't thriving, and this can lead to endless complaining.

You Feel like Phil Connors Every Day

Punxsutawney Phil is the groundhog that predicts an early spring or a long winter in Punxsutawney, Pennsylvania, each year. He is also a central character in "Groundhog Day," starring Bill Murray and Andie McDowell.

Murray's character, Phil Connors, gets stuck in a time loop while covering a Groundhog Day celebration. Every day is repetitive, to the point that he wakes up to the same song on the radio and interacts with the same people at the same times and same locations over and over. He relives the same day again and again.

That's a sign of someone stuck in their comfort zone. Tedious routine and repetition exist to the point where a person feels he is living his life half-asleep and half-engaged.

New Is a Dirty Word

Some people find new challenges, people, places, and things enthralling. They are exciting. That's not so with the person consciously confined to his comfort zone. They want nothing to do with advances in any area of their life, even if they express a desire to have, be, and do more.

Self-resentment and Self-Doubt Are Plentiful, While Levels of Self-Esteem and Self-Confidence Are Extremely Low

Tackling uncertainty and discomfort can be rewarding. You develop confidence whether you succeed or not. You're so proud of yourself for not backing down in the face of difficulty. This causes your self-esteem and belief that you can do anything to skyrocket.

That's impossible with the person who chooses to treat their comfort zone as if surrounded by a moat of hungry sharks and alligators. This person isn't moving past their safe, secure, and limiting boundaries. That can cause them to resent themselves and doubt they can do much of anything.

Those represent just the tip of the iceberg where the downside of a comfort zone is concerned. Refusing to get uncomfortable occasionally can limit your life in many ways.

THE IMPACT OF STAYING IN THE COMFORT ZONE ON PERSONAL GROWTH



While it can take place in any area of your life, personal growth is basically the same, no matter what you are trying to accomplish. You're trying to create an outcome or set of results that requires you to improve and grow emotionally, physically, mentally, or in some other important way.

You honestly identify who you are, what you are capable of, and how you view the world. Then, you address your values and actions, behavior, and attitudes to create new habits that deliver the desired result.

This doesn't seem possible without leaving your comfort zone, does it?

You have to do new things to get new and different results. Personal growth is all about changing the results you see. Since the words "new" and "different" are the archenemy of someone stuck in their comfort zone, significant personal growth is impossible.

It's like trying to win the lottery without buying a ticket. It's just not going to happen. Personal growth is the answer if you want to change your life significantly. And you aren't going to grow personally in any significant way until you step courageously out of your comfort zone and address the discomfort you find there.

MODULE 1 TAKEAWAYS

- Discomfort can be defined as mental or physical uneasiness or annoyance. The benefits of embracing discomfort include the following:
 - Improved independence
 - Greater self-confidence and self-esteem
 - Stronger, healthier relationships
 - Faster goal achievement
 - Availability of more opportunities
 - Less discomfort in the future
 - Important personal breakthroughs in any area of your life

- Your comfort zone might be safe, secure, and familiar, but also very limiting. You must step outside your comfort zone if you want significant change in your life.

- Someone stuck in comfortable but limiting habits will find life tedious and repetitious. They resist anything new, they complain a lot, and they create very little if any, positive change in their lives.

- Existing only where you are safe, comfortable, and secure doesn't allow you to grow as a person. That means you had better get happy with your current reality because it's not likely to ever get any better.

MODULE #1 EXERCISES

Consider a mild discomfort you routinely avoid (talking to strangers, cleaning and organizing, tracking your spending, etc.). Draw up a plan of action for addressing it. Put yourself in that uncomfortable situation at least three times over the next week, more frequently if possible.

Mild Discomfort You Avoid:		
Plan To Deal with It <ul style="list-style-type: none">•••••••		
Date: _____	Date: _____	Date: _____
How Did It Go?	How Did It Go?	How Did It Go?

Create a list of things that make you uncomfortable. Then, draw up a list of your short-term and long-term goals. Explore how each item that causes discomfort is holding you back from achieving your goals.

Things That Make Me Uncomfortable	How It Might Impact My Goals



Homework: Start a Comfort Zone Excuses journal. When you make excuses for not taking action when you know you should, write those excuses down. Are you avoiding action because of uncertainty, anxiety, or uncomfortable feelings about what might happen? If so, write down the best possible result of taking action. Read this journal regularly to develop less fear of confronting discomfort.

MODULE TWO: FACING DISCOMFORT



Let's imagine a perfect world scenario. You are always comfortable, safe, and secure. Whenever you enter unfamiliar territory, you don't worry. Everything always goes right for you. All you have to do is dream of something, some big change you want in your life, and it happens. What a wonderful life!

You and I both know the world doesn't work that way. You aren't always comfortable. Safety and security aren't guaranteed either. Unfamiliar territory, situations, and experiences don't always turn out well. For that matter, just because something is familiar to you doesn't necessarily mean that things will go your way.

That's the way life really is. You're going to be uncomfortable from time to time. You have to work for safety and security. And when discomfort rolls around, you only have two choices.

1 – Step backward into your comfortable zone of limited experiences and achievements.

2 – Step forward and engage in whatever is making you uncomfortable.

Choosing that first option leads to a life of regret, little self-confidence, and low self-esteem. You also don't achieve much to be proud of. Choose the second option. It gives you the most control over your life and the best chance at achieving your dreams. That begins with understanding how a couple of life's inevitable experiences, uncertainty, and change can help you grow as a person.

RECOGNIZING THE ROLE OF CHANGE AND UNCERTAINTY IN PERSONAL GROWTH

Who would you trust more if you wanted general life lessons, the same person as a newborn baby or a 60-year-old?

The answer is obvious. A 60-year-old has survived a long time and seen a lot. They have overcome difficulties. One thing is for certain: they've seen a lot of change and uncertainty.

Through six decades on this crazy planet of ours, someone undergoes incredible changes. They have grown in so many ways. That growth didn't happen because the person is the same physically, mentally, and emotionally as they were when they were a newborn. Dramatic change has occurred.

Sometimes, change happens because uncertainty enters the equation.

A person has a choice to make. They can get involved with a particularly profitable investment. There is some downside as well. The outcome is far from certain. That person can pass on the investment, and nothing changes. They don't suffer a financial loss, but they don't grow in any way, and there's no potential for a big payday.

What if they decide to take the plunge?

They could get lucky and make a sizable profit. Maybe they lose most or all of their investment. Regardless of those three outcomes, something wonderful happens.

They grow as a person.

They took action. They learned a lot, whether wildly successful, failed miserably, or landed between those extremes. Their financial intelligence grew. The confidence it takes to make such a decision leads to well-deserved self-esteem. There's more confidence in the future to make a tough decision, even if the outcome wasn't favorable this time.

This is how uncertainty and change can lead to personal growth. When you embrace change, you learn much about yourself, good or bad. That helps you grow.

TECHNIQUES FOR EMBRACING CHANGE AND UNCERTAINTY

Here are a few tips proven to help you view uncertain situations and change as possible opportunities for achievement and personal growth.

Choose to Believe in Success

Your tip here is to consciously decide to have a positive outlook the next time you're uncertain. If you are deciding whether you should make some change in your life, imagine good things happening. Don't blind yourself to a huge amount of risk, but allow yourself to study the upside of a possible result instead of only the downside.

Something amazing and almost magical happens when you decide to see the potential for success rather than failure most of the time. You experience more success than failure. And when you fail, there are still plenty of opportunities for personal growth.



Add "Yet" to Your Negative Self-Talk

Uncertainty can certainly be scary. If you are considering doing something that will change your life in a big way, anxiety, stress, doubt, and fear will try to convince you to stay in your comfort zone.

Change and uncertainty sometimes become more powerful because of your self-talk. We mentioned earlier that it is often negative. This is just your survival instinct and your ego teaming up to try to look out for your best interests. That said, their recommendations don't always lead to the best possible outcome.

So the next time your self-talk says that you can't do something or don't have the skills you need, add "yet" to those thoughts.

You can't do something "yet," but you can do it in the future. If you don't have the skills to guarantee a positive outcome now, that's okay. You don't have them "yet." You can get them. You can learn more and develop the skills and abilities needed to succeed in some endeavor.

Instead of reminding yourself that you haven't succeeded against uncertainty and change in the past, tell yourself you haven't succeeded "yet." That accounts for the possibility of success.

Practice, Practice, Practice

Albert Einstein, a well-known smart guy, once said, "The measure of intelligence is the ability to change." Change is sometimes the smart thing to do. Besides, you can't stay the same and expect everything to improve. Until Harry Potter decides to let us borrow his magic wand, that's just not going to happen.

Remind yourself that change is constantly happening. Wouldn't you rather take part in making change work according to your schedule rather than just letting the



universe decide how it's going to affect you? You can better face the uncertainty of change by constantly making changes yourself.

Look at your life. What small and minor changes can you make every week or possibly every day that improve your life, even if just a little bit?

By constantly practicing making small changes where you are in control, you build your confidence to make bigger decisions. This allows you to better accept when you have to stare uncertainty in the face and respond to some change that's not in your control.

Make a Pros and Cons List

You can look at things objectively when you get things down on paper. It helps you make decisions. That's what you're going to do here. Change and uncertainty can seem to expand and grow in size to the point that they overshadow a positive scenario.

Make a list to keep that from happening in your mind, which loves to overblow any potentially negative situation. Write the benefits of an uncertain situation on the left side of the paper. List the downside of embracing uncertain change on the right side of the paper.

Compare your two lists. Don't take sides. Look at this objectively as if you have no stake in the outcome. You might find many more reasons to accept uncertainty and make a change than to stay stuck in your limiting comfort zone.

IMPORTANCE OF SETTING UNCOMFORTABLE GOALS FOR PERSONAL BREAKTHROUGHS

Dreaming big takes no more time, energy, or imagination than small. So embrace your greatest possible life instead of a life that's just a little better than what you have now.

What's that you say? Is it easier to think about making your life 10% better than it is to envision your life 100 times more fantastic? Well, of course, it is!

This is why it's so important to set uncomfortable goals. You'll never achieve a breakthrough of importance if you only expect small things from yourself. And before you start saying "I can't" or "I never," remember the "yet" exercise we just shared with you.

Just because you have some limits now doesn't mean the game's over. You can develop new skills. You can gather new information and knowledge. If you don't have what it takes to embrace uncertainty right now, what's to keep you from doing whatever you need to be able to make those changes in the future?

You can do whatever you decide you are capable of, with no limits and no matter where you're starting from.

Read that sentence again. It's one of the most powerful truths ever revealed to you. Unfortunately, there is a simple reason: many people don't have the nerve to get uncomfortable and dream big. One of the biggest reasons people don't live the lives they know they deserve is they listen too much.

They listen to society, people who verbally beat them down, their own negative self-talk, and the voices of past failures that tell them they aren't worthy to dream big dreams.

Remember that if you stay in your comfort zone, everything right now is pretty much all you will ever have. Achieving your goals and dreams exists outside of your limiting comfort zone. You have to go out and get them. Getting uncomfortable is an absolute necessity if you're going to enjoy significant achievements and personal breakthroughs.

It's important if you want to create a bigger and better life for yourself and your loved ones.

TECHNIQUES FOR SETTING AMBITIOUS AND ACHIEVABLE GOALS

You might understand how uncomfortable goals can deliver more potential rewards than goals that are cozy and easy to accomplish. Maybe you have a problem with implementation. If that's the case, here are a few tips for setting ambitious but achievable goals that challenge you enough to significantly impact your life.

Your Goals Have To Have Plans

A goal without a plan is just a dream. It's only a wish. You're hoping rather than putting in the work. Your goals should be big enough to scare you and to make people stand up and notice when you achieve them. They should also start with an in-depth, detailed plan of action that includes trackable steps along the way.

Big, Huge Goals Need Short-Term Milestones

Becoming a millionaire used to be a common wealth-seeking goal. While a million dollars



certainly isn't what it used to be, that's still an impressive financial achievement most people haven't realized.

It's definitely doable for literally anyone. More millionaires and billionaires are alive today than at any other time in human history. The problem is that large doses of discomfort and anxiety are attached to the goal of becoming a millionaire for most people. To remove those negative feelings, break that huge goal down into several smaller milestones.

Give yourself monthly, quarterly, and yearly goals that move you toward millionaire status. Your milestones might be numeric instead, celebrating every few thousand dollars you achieve in net worth. These smaller milestones aren't as scary as the long-term goal. That makes them more achievable. They fill you with confidence because they look doable and eventually lead toward achieving your larger goal.

Get Help

The biggest way to remove the anxiety and uncertainty from an uncomfortable goal is to get help. Find someone who's been there and done that. Get a mentor. Talk to people who have done what you hope to do. This can speed up your path to success and give you more confidence that you can succeed.

Develop a Crystal-clear Vision

They say the devil is in the details. Whether or not you will achieve ambitious things in your life will also depend on details. If you don't have a clear picture of any goal, big or small, you lower your odds of success. Take some time to describe your goal deeply, especially if it makes you uncomfortable.

Take Action Every Day

Time isn't guaranteed to anyone. It is the most fleeting and precious asset in our lives. Any goal that makes you uncertain about achieving it and uncomfortable needs to be addressed with daily action. Nothing succeeds like persistence. It can't be beat. Plan for daily action when you set an ambitious goal.

IMPORTANT TAKEAWAYS

- Personal growth is impossible without change. Your physical, emotional, and mental states of being right now were created by all the changes you've experienced.
- Sometimes, change makes you feel uncertain and anxious. That's a sign that you can grow somehow if you address the anxiety and uncertainty rather than avoid it.
- Believing in the possibility of a positive result makes facing discomfort easier.
- Don't say, "I can't do that." If you're going to back down from uncertainty and change using the excuse that you can't do something, tell yourself, "I can't do that yet." You adopt a growth mindset that says you can acquire the skills and abilities needed to do something you might not be able to do now.
- If your important goals don't make you uncomfortable, they're not big enough.
- Ambitious goals need detailed game plans.
- Getting help can remove the crippling power of uncertainty and change. Find someone who's done what you want to do and get their assistance.

MODULE #2 EXERCISES

Look back on your life. Think about a time when you enjoyed substantial personal growth. Write out your thoughts about the uncertainty you faced before you were able to grow.

Moment of Personal Growth:
Moments of Uncertainty or Discomfort You Faced: <ul style="list-style-type: none">••••••••••
How Did It Work Out:

Write down three examples of change you saw coming, but you did nothing about it and suffered in some way. What could you have done differently? How can you use these lessons to be more prepared for change in the future?

Change You Saw Coming:	What Could You Have Done Differently?
Change You Saw Coming:	What Could You Have Done Differently?
Change You Saw Coming:	What Could You Have Done Differently?

Write down five of your short-term and long-term goals. Then, start gradually making them bigger. When you get uncomfortable or unsure if you can achieve them, those are the ambitious goals you want to pursue. Go after those bigger goals; if you fall short, you will still enjoy a significant achievement.

Original Goal	Make It Uncomfortable

MODULE THREE: NAVIGATING DISCOMFORT FOR PERSONAL GROWTH



Growth requires change, and that can be uncomfortable. It might also mean moving into unfamiliar territory. Let us explore how to act when discomfort threatens to paralyze you into inaction.

TAKING ACTION IN THE FACE OF DISCOMFORT

Nothing changes until you take action. You may be prepared emotionally to move outside of your comfort zone because you know that's what's necessary for personal growth. Maybe you're ready to do what's required to reach an important goal.

Preparation only gets you ready. At some point in time, you have to act.

That's what this module can help you do: take action. You just learned the importance of facing discomfort. Now, you'll act in a way that helps you get the results you're looking for. That begins with embracing a practice used for thousands of years to relieve stress, clear the mind, and make it easier to handle difficult situations.

HOW MINDFULNESS HELPS YOU NAVIGATE DISCOMFORT

The Oxford Languages dictionary gives us the following definition of mindfulness.

"A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations."

You become aware of yourself and what is going on around you. One key element of mindfulness is that you take notice. You don't act with judgment. Let's look at specific mindfulness practices that can help you handle discomfort.

PRACTICING MINDFULNESS TECHNIQUES FOR SELF-REFLECTION AND GROWTH

There is more than one way to practice mindfulness. They all lead to stress relief and better focus. The following three techniques use a mindful approach to lessen feelings of discomfort so that self-reflection and growth are possible.

Mindful Breathing

- Find a quiet, calm spot where you can sit comfortably. You can also do this standing up. Your session can be as short as one to three minutes.
- Be still in mind and body. Breathe in through your nose and out through your mouth slowly. Try to balance both your inhaling and exhaling to 5 to 8 seconds.
- Let your thoughts go. If you get distracted, or a random thought enters your mind, recognize it without judgment and slowly push it away. Focus your awareness on your breathing and feel positive, calming energy entering

your body when you inhale and discomfort leaving your body when you exhale.

Mindful Observation

- Put yourself in the physical and mental environment as before. Then, choose a physical object that is in your immediate area. You will focus on the subject for a minute or two.
- Mindfully observe the object and nothing else. You shouldn't notice anything other than that object. The more time that passes by, the more you feel yourself relaxing.
- Pretend that you are seeing this object for the first time. Visually and mentally explore everything about it. You want to be entirely drawn by its presence.
- Feel it's energy. Think about its purpose. If your mind wanders, slowly return your attention to this object and observe it without judgment. Slowly let your senses return to your surroundings at the end of your session.

Mindful Awareness and Appreciation

- Begin by clearing your mind. Think of something you do several times most days, an act you don't consciously think about.
- This could be turning on your computer for work, tying your shoes, starting your car, or just opening a door.
- When you begin any of these processes, be mindful of yourself in the present moment. What are you doing? How does it feel? Are there sounds that accompany the process? What senses are involved?

- The moment you begin this common daily activity, appreciate what is happening. As you start your car, appreciate the many bodily processes required to stick your key in the ignition. Appreciate your mind and your awareness level and how you control this process that provides you transportation.
- Then, the next time you take this action, repeat this process.
- When you face discomfort, you can revisit this experience to help calm and relax your mind.

MOVING FROM MINDFULNESS TO SELF-REFLECTION



Self-reflection is being aware of who and what you are. It's studying your inner workings and objectively describing what you find. It's looking into a mirror and talking about what you see without judgment.

These mindfulness exercises put you in the proper state of mind for self-reflection.

Remember, you don't have an opinion on what you see. You honestly recognize your feelings, emotions,

beliefs, and values. You experience growth by deciding which aspects of yourself you want to change. Mindfulness promotes self-reflection, and what you admit about yourself might make you uncomfortable.

That's okay. That's what change is all about. This report aims to help you embrace uncomfortable experiences and feelings so you can achieve important breakthroughs in your life. That means reflecting on where you are in your life right now. Then, you address where you want to be and what uncomfortable steps you may take to get there.

UNDERSTANDING THE CONCEPTS OF RESILIENCE AND GRIT

Grit is mental resolve. It's courage and strength of character. The more grit and determination you have, the easier it is to stand up to uncomfortable situations. Discomfort doesn't stop you. It may slow you down, but you are determined that it won't keep you from moving forward, even if that will take some time.

Grit is a combination of passion and perseverance. You care about something so much that you persevere through tough times. You don't let mild or more severe levels of discomfort keep you from achieving a longer-term goal.

Resilience and grit are often mentioned in the same sentence. They are similar in nature but are certainly not the same things.

Resilience can be seen as a trampoline. It helps you bounce back. This is your capacity to recover from difficulties, setbacks, and discomfort. You don't spend a lot of time in an uncomfortable situation. You quickly move past them and return to a healthy state of mind and emotions.

Resilience is a term that applies more to common daily tasks and short-term experiences. Grit is a long-lasting trait. It's the perseverance to work on something day after day, not giving up regardless of the setbacks and uncomfortable situations you face.

Resilience is a component of grit. It means you can fail and quickly recover. Any discomfort you face doesn't keep you down mentally or emotionally for very long.

It would be best if you had the resilience to overcome daily misfortunes and build the grit to achieve long-term goals.

Resilience allows you to overcome discomfort that pops up daily or weekly. The short-term ability to regroup from uncomfortable experiences fuels the grit necessary to stay committed to a task for years or decades.

Resilience and grit are both necessary for stepping out of your comfort zone. They can help you take the steam out of unplanned discomfort. They also help when you consciously put yourself in uncomfortable situations as a necessary step to move forward in pursuing a goal.

STRATEGIES FOR BUILDING RESILIENCE AND GRIT IN THE FACE OF DISCOMFORT

The world is going to do what it is going to do. It doesn't bother itself to ask you for permission. The only thing you can control is your response. The next time you step out of your comfort zone, whether voluntarily or not, put the following strategies into play. They will help you build the short-term resilience that leads to long-term grit and perseverance to achieve the biggest goals.

Escape Your Current Environment

Resilience is about getting up when you fall. Falling is definitely going to cause some discomfort. There are other uncomfortable situations you are going to face in life. When you feel like you can't recover from some negative experience, change your environment.



Get outside and feel the sun on your skin. Spend time with a happy, funny friend. Clean your workplace and the room you spend the most time in at home. It's easier to feel like success is possible when your environment promotes positive feelings.

Take Action

Nike launched the now iconic "Just Do It" tagline and ad campaign in 1988. The idea was simple. Take action. Don't overthink things. That's excellent advice if you want to build more resilience that can help you recover from uncomfortable situations like failure, loss, and self-doubt. Just do it. Take some action, win or lose. Then practice this next grit-building bit of advice.

Give Yourself Credit for Effort, Win or Lose

While grit uses more of a long-term picture and resilience is more day-to-day, they both relate to overcoming discomfort. This can be tough if you've fallen down a lot. Each time you fail rather than succeed, it can be increasingly difficult to keep going. You justify that the recent string of failures means you won't be successful at any point. Since it's easier to quit than to keep going, especially in the face of failure, you think about quitting altogether.

This is where you need to applaud your effort and not necessarily the result.

Anything worth achieving is going to be difficult at times. If your biggest dreams didn't require much effort or resilience, you would have already realized them.

This is why rewarding your efforts is so important.

You shouldn't just celebrate when you succeed. Each step on an uncomfortable path should be celebrated, even if it causes you to slide backward two or three

steps. Then, you look at the process and learn valuable lessons. Perhaps your failures can teach you something that helps you move forward better.

In any case, give yourself credit for trying. So many people don't. They embrace their good enough life and never make an attempt for greatness. That's not how you are. It's not the way you are built. You are resilient. You can do this. Persevere and celebrate every effort you make to change your life positively. This gives you the determination to keep going in the face of failure.

Learn New Skills



Sometimes, feeling uncomfortable means we are just unsure about how to proceed. We are faced with something new and don't have the skills or abilities to proceed confidently. You can minimize the chances of this happening by learning new skills.

This is what people with a growth mindset do. They experience discomfort and failure just like the rest of us do. When they weren't prepared in some way, they embraced the idea that they could acquire the resources and tools they needed. Work on who you are as a person, and you'll find resilience is more readily available.

Write Out Your Goals and Review Them Regularly

The most successful people have written goals. Your goals, both large and small, should be written down. Look at them every day, a few times daily when times get hard. Your goals should also have reasons for achieving them. Remembering why

you want to make something happen can motivate you to bounce back with resilience when things become uncomfortable.

APPLYING DISCOMFORT AS A CATALYST FOR PERSONAL GROWTH AND BREAKTHROUGHS

How do you want to grow as a person? What does that mean to you? Take some time and answer those questions. It could be that you want to become a better communicator. Maybe you'd like to develop compassion for others. Perhaps your goal is physical in nature.

For personal growth, you need breakthroughs. As we mentioned earlier, this is simply moving past a plateau or level of achievement you haven't been able to improve upon. Here are some examples of how getting uncomfortable can help you grow as an individual.

Regularly Address the Area Where You Want to Grow

Let's look at the example above about developing compassion. Compassion is all about recognizing the suffering of other people. Then, you act in a way you hope will relieve that suffering. When a person realizes he should be more compassionate for his fellow man, that's a wonderful first step towards serious personal growth.

To make this happen, that person could volunteer at a homeless shelter. He could join charitable organizations. Putting themselves in an environment where they face suffering and misery regularly can help them develop concern and pity for others.

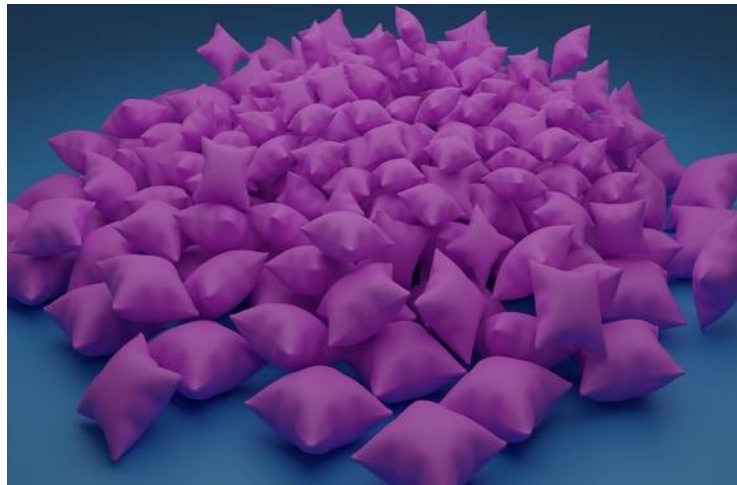
If you want better financial health, seek advice. Read books or take courses about budgeting. Surround yourself with information that can help you develop a better financial picture.

If the personal breakthrough you seek is emotional, put yourself in situations that appeal to that emotion. This can definitely be uncomfortable. However, if you really want to grow significantly, you must regularly put yourself in an environment that pushes your comfortable boundaries.

Make It Easy on Yourself

You just got back from your annual health checkup and know you need to make some changes. You want to become healthier, live longer, and spend more time with your loved ones. Regular exercise was strongly recommended by your doctor.

This is an area where you haven't had much success. You would start working out or exercising, and before you knew it, weeks or even months would pass with little physical activity. How can you achieve a breakthrough where you finally embrace an exercise routine?



Start with baby steps. Go for a 15-minute walk each morning and each evening. That's pretty easy to do. Maybe there are other times during your day when you can enjoy some brisk walks. This gives you an easy win, a way to feel good about something that causes you discomfort: exercise.

Giving yourself small victories proves you can step outside your comfort zone and achieve something important. That builds confidence and self-esteem, which leads to bigger achievements.

EMBRACING DISCOMFORT AS AN OPPORTUNITY FOR LEARNING AND DEVELOPMENT

Think about your current job. What did you have to learn once you were hired? You probably went through some orientation process. Many companies have trial periods of employment for new hires where they are taught how to do what is required of them.

You might have been uncomfortable or unsure about yourself during this process. What if you didn't absorb the information quickly enough? Would you be fired? This is one example where embracing discomfort means learning something new and possibly challenging. Here are some more ideas about stepping outside your comfort zone to learn new things.

Remind Yourself That Learning Is Growth

Remember your school days? There may have been more than one or two subjects that really challenged you. You might have hated going to those classes. You experienced a lot of self-doubt and discomfort learning those subjects.

Then, remind yourself of how those challenges help you grow as a person. You may have made it through those classes without doing very well. Even so, you worked hard. You gave your best effort. That challenge was important for your personal development, even if it was anything but comfortable.

Learning is growth. You may never discover enriching life experiences if you don't try to learn more than you know right now. One thing is for certain. If you don't do something differently than you're doing right now, your reality will never change.

Look at difficult experiences as proof that you can endure something uncomfortable to learn new things.

Ask Yourself If What You Want to Change Is Important

Humans are intrinsically lazy. You may disagree with that statement, but it's a fact of nature. If you are successfully breathing in and out and existing just fine right now, why should you get uncomfortable? You might do something that threatens your cozy existence.

However, if you want important changes in your life, you will often have to get uncomfortable to make them happen. In this instance, discomfort means something other than what you are used to. It means embracing the unfamiliar, and as soon as you do this, your survival instinct will tell you it's a bad idea.

When that nagging inner critic tells you that staying in your comfort zone is right, ask yourself a simple question.

"Is the change I am looking for worth getting a little uncomfortable?"

If the answer is no, your goal is probably not tied to your values and what you find important. Odds are that when you are honest with yourself, you won't mind stepping just outside of your comfort zone. That's a learning experience. You are in a new and unfamiliar place. Embracing learning this way can lead to significant development in many areas of your life.

IMPORTANT TAKEAWAYS

- It would help if you learned new things to create a new reality. This will often require you to get uncomfortable and face unfamiliar situations.
- Facing discomfort is important for personal growth and achieving your goals. The next step is to take action. You must act (even if you feel a little uncomfortable) for significant change to occur.
- Mindfulness is relaxing and can clear the path for self-reflection. Mindfulness lowers levels of discomfort by focusing your awareness on the present moment.
- Resilience and grit can help you overcome any uncomfortable situation. You develop these qualities by taking action instead of overthinking and giving yourself credit for any effort you make in the face of discomfort.
- Write down your important goals. Review them regularly. Remind yourself why these goals are so important to you. This can provide you with much-needed motivation when you have to step out of your comfort zone.

MODULE #3 EXERCISES

Draw up a list of five times you felt uncomfortable because you didn't have the skills or abilities for success. Come up with a plan that allows you to learn three new things that can lower your discomfort in the future in similar situations.

Time You Felt Uncomfortable	Plan To Address It
	<ul style="list-style-type: none">•••••
	<ul style="list-style-type: none">•••••
	<ul style="list-style-type: none">•••••

Time You Felt Uncomfortable	Plan To Address It
	<ul style="list-style-type: none">•••••
	<ul style="list-style-type: none">•••••

Resilience means getting up after you've fallen. Remember three times you were resilient and bounced back quickly after a significant failure or loss. These are signs that you have what it takes to step outside your comfort zone and act.

A Time You Were Resilient	How It Positively Impacted Your Life

The next three times that discomfort causes you to hesitate to act instead. Remember, nothing happens without action. Then, praise yourself for acting in the face of discomfort.

The Discomfort That Made You Hesitate	
How You Faced It	
Reward Yourself!	

The Discomfort That Made You Hesitate	
How You Faced It	
Reward Yourself!	

The Discomfort That Made You Hesitate	
How You Faced It	
Reward Yourself!	



Homework: Practice one or two sessions of mindful breathing each day. You can schedule this ahead of time or perform the exercise when you are facing an uncomfortable situation.

Homework: Schedule a self-reflection session at the end of every day. This is often easier after you practice mindfulness. In what ways did you act that are contrary to your values? When did you uphold your values? Don't judge yourself negatively. Just be aware. Address what your self-reflection reveals and develop a plan that can lead to positive personal growth.

CONCLUSION – FINAL REMARKS



We want to thank you for reading our eBook. You should also thank yourself while you're at it. "The Uncomfortable Path" can help you face discomfort and push past it for personal breakthroughs. Change is often uncomfortable, so if change is what you're after, accept that discomfort is necessary.

This eBook gives you the tools you need to minimize the effects of that discomfort. The more you push your boundaries and step outside your comfort zone, the fewer uncomfortable situations you will experience.

A life led safely entrenched in a comfy, cozy, and secure environment might sound rather attractive. It definitely can be if you're the type of person who wants to coast through your existence. You are here because that's not the type of person

you are. You want to live the best life possible, and taking action in the face of discomfort can help you do that.

We hope we've shown you how change and uncertainty can be scary but are required for significant personal growth. This is true whether the change you are trying to make is physical, emotional, financial, spiritual, or any other area of your life.

Nothing is guaranteed. We live a very uncertain existence, although most of our lives are routine. It is outside that certain routine where personal growth exists. This is where you learn to make changes that get you from where you are to whatever goal you want to achieve.

We shared some techniques for embracing change and uncertainty with you. You were also shown how important it is for your goals to be uncomfortable if you want to realize personal breakthroughs. Simply put, if your goals don't make you uncomfortable to some degree, they probably aren't big enough and aren't attached to your important values.

You were given techniques for setting achievable goals that also push your boundaries. They challenge you, and while addressing those challenges might be uncomfortable, accomplishing those goals is much sweeter.

Finally, module three showed you how to take action.

You have some truly life-changing information in your hands right now. It doesn't matter if you don't act upon it. That means using mindfulness techniques to reflect on who you are and where you want to go. Then, you act on that information.

We shared techniques for developing the resilience and grit required to achieve short and long-term goals. Finally, you learned that embracing discomfort can be a wonderful learning experience that helps you grow.

Your path in life is up to you. You can create your best-ever life if you are willing to get comfortable with being uncomfortable. That's what this eBook can help you do. So get to work. Take action on this empowering knowledge and enjoy rewarding breakthroughs and personal growth.

To your success!