

every dream and every goal
you will ever have

all lie outside your comfort zone

cultivating a thirst for
discomfort cultivates
the way to personal
fulfillment

the path to each goal
is marked by countless,
temporary discomforts

master discomfort and
command your future

the more you work to be
the best you can be

by doing the hard,
uncomfortable things
you don't want to do

you naturally, unconsciously
spread life-affirming energies
to those around you

remember always

no one has the ability to
know you better than you

find out who you are by
taking the time to explore
your relationship with
adversity

we all seek comfort

but, we can only achieve the
comfort we seek by actively
pursuing, examining, and
dwelling in discomfort

as we slowly, incrementally
broaden our comfort zone by
spending time outside of it

our ability to feel contentment,
ease, and joy broadens
respectively

the novice becomes the
master through consistent
and intentional work

the good become great by
going the extra mile, doing
things others are unwilling to
do.

both the master and the
great craft their relationship
with discomfort, hardship,
and adversity to improve
their way of life

you learn your limits by testing them

welcome life's tests and invest in
temporary pain to know yourself
better

knowing who you are, what you are
about, and what excites you

is the kind of knowledge you need
to live a purpose-driven life

study your discomfort as an
observer

separating the "you" from
what you feel

allows you to contemplate
your feelings objectively,
paving the way to greater
understanding

take the time to assess
what's ailing you

devise a plan to address it
then focus on the process
of improvement

slow, patient, and gradual
effort yields long-lasting
results

get to know the power of
your breath for it is *the* safe
harbor for your attention amid
seemingly unbearable pain

use it to calm pain's intensity,
loosen its grip and invite
equilibrium

as you notice society's
exhaustive reliance on
comfort

hold on to your pursuit to
capture every opportunity
to transform your trials into
triumphs

let discomfort be your guide
as it points to places that
need your attention

fuel this attention with
curiosity, determination and
excitement

knowing valuable discoveries
and breakthroughs lie in wait
for you

discomfort lurks everywhere

in conversation, in thought, in
participation, in action, and in
inaction

develop a sensitivity to your
discomfort

observe it, follow it, get to
know it

then, dissolve it

do one thing each day that
makes you uneasy

then pat yourself on the back

inherent in every challenge is
discomfort

address challenge incrementally

with baby steps

then watch the unattainable
become attainable

applaud every moment you
spend outside your comfort
zone

acknowledging your
courage and inner strength

we cannot work with what
we don't understand

emotions are physical and
are felt inside the body

notice where you feel them
in your body, and focus your
attention on their physicality

separating the sensation from
the thought that triggered
the emotion enables you
to observe feelings with
objective curiosity

as you touch the limits of
your tolerance for discomfort

glimpses of your courage
illuminate what's achievable
and anneal your resolve

you will change your relationship
with adversity, anguish, anxiety,
and pain by focusing on the
opportunity for growth inherent
in every circumstance

how you view and interpret
difficulty will factor mightily
into your overall happiness
and fulfillment

owning the way you feel, the
way you think, and the way
you react to what's in front
of you

wholly preserves your
personal power

and strengthens both your
purpose and the quality of
your experience

remember

without darkness there is
no light

without suffering there is
no joy

without ugliness there is
no beauty

and without difficulty
there is no ease

we evolved out of struggle
and action, not out of
tranquility and rest

rest and relaxation are
essential for fueling long
lives but adversity and effort
determine our path

your experience is a direct
reflection of how you
interpret it

if the antonym for humor is
unhappiness, then humor
becomes the antidote for
discomfort

surround yourself with funny
people - they are optimists
in a world teeming with
pessimists and cynics

train your mind to notice
both silver linings and
the lighter side of life

inherent in every adventure is
discomfort

let discomfort fuel you *knowing*
you have much to gain at this
moment in time

the game of life is full of pain

however, the choice is yours
to live on the reactive or the
proactive side of life's suffering

to be controlled by it or to
control it

learn to use discomfort to
strengthen your footing
and invite the life you
want to lead

ask a lot
of yourself