

## UNCOMFORTABLE

Be uncomfortable.

To be comfortable is to be less than you are meant to be.

To be uncomfortable is to stretch yourself to be the best you can be. It is to learn, to grow, to try new things, and to expand your horizons.

Uncomfortable is another way of saying living your life to the fullest.

When comfortable we are not growing or engaging fully in life. Yes, we need to be and should be comfortable. Comfort is a rest, a recharging of our spirit and our bodies. We all want a comfortable life of enough money, friends, a place to live, and things to do. These are all good and appropriate.

But, these things are not living life to the fullest. Living a meaningful life is to continue to grow, develop, learn, and test our limits until we die. Who wants to sit at home and wait to die? Engage, engage fully with life every day.

When we engage in life fully we get recharged, interested and motivated. We are eager to get up in the morning, eager to get going, and get doing. Not knowing exactly what will happen helps to keep us going, striving, and working towards our goals.

Our goals should be a stretch. To reach a goal that is too small is not a victory. It's the big goals, the big challenges, that stir our blood and give us the greatest satisfaction.

When we do something we know we can do, it becomes commonplace and provides little satisfaction. To do something new is to create a new sense of excitement and satisfaction.

Remember when you were a kid. Watch kids take their first steps, or ride a two wheel bicycle for the first time. See the joy and the excitement in their whole being. Do you remember when you had that feeling? How long has it been since you have had that feeling? If you could do that as a very young kid, why not now?

You can capture that joy and excitement at any age. We should be living our lives to capture that excitement and joy. All we have to do is to engage, to try, to experiment, and to learn - just as we did when we were a kid.

We are all kids and should always be kids. Kids succeed, grow, and learn by being uncomfortable, and stretching themselves. That is how they grew and learned so much so quickly at such a young age. We can still do that.

So, what are you going to do? What do you want to do you have been afraid to do? What do you wish you could do? Do it. Start it. Try it. Engage. Participate. Go for it.

Why not? Why can't you? Sure, there are a million excuses, some of which may even have some validity. Remember, those who say it can't be done should get out of the way of those doing it.

Be uncomfortable. You'll be glad you did.