

Move beyond your comfort zone...

“Man’s mind stretched by a new idea never goes back to its original dimensions”

– Oliver Wendall Holmes

Find people who push you and take you out of your comfort zone. Find situations and challenges that also take you out of your comfort zone. The only way to grow is to stretch and get pushed beyond your regular boundaries. You will resemble the people who you hang out with most often. When you share a lot of time with people you pick up their mannerisms and habits. This is why it’s so critical that you hang with people who help and challenge you. The true friends will help you evolve and grow by pushing your potential often. It's good to get another perspective, or different set of eyes to push you.

Get a little uncomfortable so you move to an area that makes you stretch. Some of the best and most productive conversations I have had over the years pushed my buttons and took me outside my comfort zone, which gave me a perspective that I didn’t know I had. A lot of the executive coaching I do takes people out of their comfort zone and in most of these exchanges we take the effectiveness and results to a whole new level of success. Leaders love to go to the land of challenge where people are tested and they find out their true fibre and make up. This is why they are leaders ... they stretch and grow.

How often do you push beyond your boundaries?

Have a Straight A's Week !

Tim Cork

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