

Comfort Zone



Providing Resources to Support Units, Chapters, and Lodges

All of us have a preferred comfort zone. Our comfort zone is something that has both positive and negative qualities for our lives. Most of us are creatures of habit and want to be comfortable with our personal lives to the extent that we are relatively free from constant worry. Unfortunately, if we allow ourselves to be *too* comfortable we can miss the fulfillment of our potential—in all aspects of life.

There is a story about two hikers who were hiking along in the woods one night in utter darkness. Their flashlights were burned out and it was difficult to see the trail. In front of them was a tree that blocked the trail. They had to deviate off the trail to attempt to go around the blockage. Off the trail, they did not see a huge hole. Unwittingly, they both fell into the hole. They struggled profusely to get out but simply couldn't climb up the steep walls in the blackness of the night. Content that they would have to wait until morning to get out, they sat down in the corner and quickly fell asleep.

Several hours later a lone hiker finds himself also falling to the bottom of the hole. He too struggles and strains to get out but, exhausted, he decides to sit down and wait for the morning light. As he is about to rest he hears a sluggish voice in the darkness say, "Forget it, you can't get out."

Faster than you can blink your eyes, he was out of the hole! It is amazing that when the lone hiker was not comfortable any more, when he had a little fear in him and didn't feel safe, he was able to jump higher, climb farther, and put forth a little more effort. Imagine what you can accomplish if you simply put forth a little more effort.

Avoid getting too comfortable in your life. Do something this week that takes you out of your comfort zone and out of your normal routine. Start small and discipline yourself to do something that stretches you to become better, improve a skill, or expand your experiences. Striving to push your own comfort zone will make you feel more alive and more in tune with your senses. Yes, comfort is desirable to an extent, but not when it stifles your ability to truly live up to your potential.