

Title:

Become Comfortable with the Uncomfortable

Word Count:

567

Summary:

I'm continually learning something new and whilst I love it (particularly if it involves reading)

Keywords:

comfortable,uncomfortable,comfort,comfort zone,transformational coaching,mastery levels,master

Article Body:

The physical pain I experienced during the writing of my first newsletter, or when I first des

The upside of this is once the new is mastered, the physical pain miraculously disappeared.

For me it's a comfort zone thing.

I really know I'm alive when I'm outside my comfort zone.

The comfort zone is an amazing place of security, comfort, safety, and protection. Stepping o

When I was little I remember my mother telling me I was suffering from growing pains because m

The best thing of course is the end result! This will be when mastery has finally been reache

This doesn't just apply to the 'big stuff'. This applies across the board no matter how big o

Below I've listed 5 easy things to help with becoming comfortable with the uncomfortable. Sta

1. Start by noticing what you notice. Each time you do something different notice what y

2. Keep a journal or diary of feelings and reactions as you continue to grow through step
Write three pages in your journal or diary each morning about your ever expanding comfort zone

Use a different coloured pen for things that worked for you in becoming more masterful.

Again using a different coloured pen make note of what definitely did not work.

3. Ask yourself the following questions in regards to growing and stretching:

^What needs to happen now to make it less painful for me?~

^What are the benefits for me in mastering this new thing (relationship, job, task etc)?~

^What am I learning from this experience?~

^What am I not learning from this experience?~

4. Turn negative self-talk into positive speak. The more often positive self talk is pra

5. Know that it takes time to become comfortable with something new and different. Unfo

Some suggestions to help deal with the uncomfortable may be to take up a meditation program, E

The outcome of this effort will be living how you want to live, and knowing that you've achiev

A great friend of mine once said to me ^Become comfortable with the uncomfortable~. During my

[Michaela Scherr Transformational Coach](http://www.michaelascherr.com)

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