

Building a bridge is no easy task, and there are bound to be proverbial blisters, blood, sweat, and tears along the way.

Discomfort is defined as *"slight pain;" or "making someone (YOU!) feel uneasy, anxious, or even embarrassed."*

According to a Yale research study, we only learn when there is uncertainty because it affects the area of the brain that is stimulated to learn.

We've all experienced that:

On-the-job training

Dance lessons or music lessons

Cheerleading or band in high school

Learning to do anything - use cutlery, play a game, etc.

Change happens in the Discomfort.

It REQUIRES learning something unfamiliar, uncertain, or strange.

We can EMBRACE change or run from it, but the bottom line?

IT WILL BE UNCOMFORTABLE.

So how do we accept something when no one wakes up to each day and says "Yay! I get to embrace discomfort today!"?

1. Start with willingness - we just talked about that on Monday.

2. Analyze your daily habits and routines- are you falling back into the old comfortable stuff? Do an assessment. Where your TIME goes, your focus goes - are you spending it on things that are helping you build your Bridge? (Use our Time Blocking Sheet to figure out how you're spending your time!)

3. Dive for pearls - put out effort and get off the beach. Allow the pressure to create diamonds.

4. Comfort means complacency. I think of complacency as not moving, stagnant, and not growing. It's a strange satisfaction with the tube, crappy food, and accepting "getting old" as something inevitable, synonymous with endless doctor visits, pills, and forgetting stuff all the time.

Life CHANGES dramatically when you embrace Discomfort. It means change, growth, and vibrancy!

Are you ready to get a little uncomfortable and use discomfort to build your bridge?