

Think about everything that has grown into what it was supposed to be...

Mothers going through labor...chicks hatching out of their eggs...butterflies undergoing a complete metamorphosis...all have faced struggle and discomfort to have the desired outcome.

We "think" though, as we're going through this discomfort, that we're unhappy, and I would like to make a case for why this isn't the case.

Let's look at breakthrough (noun) vs breaking through (verb).

A breakthrough is a sudden, dramatic, and important development or discovery. It can also mean achieving success (think "breakthrough album", for example).

To break through is to force your way through something that's stopping you from moving forward.

Pros know that in order to have a breakthrough you to consistently break through:

- Glass ceilings (voting, workplace, civil rights, etc.)
- Protesters breaking through police barriers.
- Connecting the dots in your life.
- "Find a Way" and Diana Nyad it! Stop giving up!

Sometimes on the way to a breakthrough, we feel directionless and lost.

This isn't true though, we've just stopped living in the unconscious (on autopilot) and have started to notice what's going on around us.

Remember, Bruce Lipton (author of Biology of Belief) says we live 95% of life unconsciously.

Sometimes we even question who we are.

A quote I love that puts us right back to the whole meaning of who we are is:

"Who am I that the Lord of All the Earth would care to know my name?

Would care to feel my hurt?"

(Casting Crowns)

Being uncomfortable is part of embracing the good change that your hands are creating.

How do we do this and actually embrace the discomfort?

1. If you want something you've never had, you're going to have to do something you've never done. New, different, hard, struggle, mistakes - all are uncomfortable but necessary.
2. Discomfort is what we need because what we avoid is usually what we need. When I addressed the discomfort of my food addiction INSTEAD of the usual Carousel of Crazy, I finally got off the Carousel of Crazy and came to terms with it.
3. Discomfort means your experience may help someone else down the road - see #2. I share my food experience stories for that exact purpose.
4. You're here on purpose, for a purpose. There will be doubt, struggle, refinement, uncertainty, and even a desire to stop - keep going anyway.
5. Transformation and leveling both exact a cost. The reward is great but you have to take the road less traveled.

Are you willing to be at peace with discomfort for the sake of your growth - to lose your life only to find it new and better?

Stop stopping. Stop quitting on yourself. Have GRIT not QUIT!