

Excerpt from the book *“Lessons I learned from the Tortoise”* by Donna Dahl

Stepping Out of Your Comfort Zone does more than Raise Your Adrenalin

“Anyone can give up. It's the easiest thing in the world to do.
But to hold it together when everyone else
would understand if you fell apart,
that's true strength.”
~Author Unknown

Tenacity the Tortoise was under significant pressure to win this race.

Pressures to succeed can come from all directions but most of the pressure Tenacity was feeling was self-imposed. First, he took it upon himself to play the part of the rescuer. He decided he wanted to save all the animals in the forest from having to put up with Hare's bragging any longer. Second, he challenged Hare in a way that Hare could hardly say no. Third, Tortoise chose to meet Hare on Hare's turf.

Any one of these things would have taken Tortoise completely out of his comfort zone. Yet, he did not bat an eye. This is what was observed:

Tenacity, the Tortoise, showed up for the race on time.

He began to race at the same time as Hare.

He stuck to his task of staying in the race until he crossed the finish line.

He never complained.

He accepted his circumstance of being involved in this race as though he had deliberately and decisively chosen it. Perhaps he did.

Now the best he could do was to do his part.

How many times do you suppose Tenacity was visited by the nasty little voice inside his head saying things like, “See what a mess you've gotten yourself into now!”

How many times do you suppose he answered back? He might have had thoughts like, "I can do this. Someone had to step up and put an end to the bragging. It looks like I picked me. I am going to do the best I can."

For Tortoise this race must have been the ultimate test of his endurance. How much are you willing to invest to catapult yourself from an apparently daunting situation?

Think about the thousands who have left the country of their birth to emigrate to a new environment. Think about what they might have given up to get what they wanted.

Think about the thousands of hours spent and the many versions of aircraft that were constructed by inventors before one model successfully flew. Think about what they must have endured to follow their relentless dream to build a flying machine.

Have you ever felt as though you have bitten off more than you could chew? Did that take you out of your comfort zone? How did you respond? Did you find the inner strength and the resources to succeed or did you admit defeat?

*I invite you
to take a step
out of your comfortable existence.*

Stepping out of your comfort zone truly does more than raise your adrenalin. It can heighten your spirits. It can elevate your status. It can boost your confidence.

Comfort zones keep us from taking action of any kind to bring about change for the better. I invite you to take a step out of your comfortable existence. What one minor little thing could you perform in the next five minutes to take you out of your comfort zone, yet potentially fill you with joy because you took it on?

Donna Dahl is an energizing and imaginative professional coach with over ten years of experience serving both private citizens and members of the business community. She has written several delightful self-help books in support of self-improvement, personal growth and start-up business development.

To learn more about Donna Dahl's Online Coaching visit <http://donnadahl.ca/>