



Find the spot where you are comfortably uncomfortable – uncomfortable enough that you will see change, but comfortable enough that you can maintain the change long enough until it becomes a habit.

I just finished reading *Can't Hurt Me* by David Goggins. His life experiences have taught him to work through pain to achieve what appears to be impossible. While his experiences have compelled him to do extreme things, and on several occasions, in a very unhealthy way, I do agree that for us to grow and be better and achieve our most desired goals, we must be willing to learn to be comfortable with discomfort – that could be physical, mental or emotional discomfort, and usually it is a combination of all three.

When we initially lose our first few pounds, we feel great. We have more energy, we feel lighter and our clothes fit better. **What we did to achieve that initial weight loss must now become habits for us to maintain it. If we wish to continue to lose weight, we now need to do more than what we did initially.** The more changes we make, the more uncomfortable we are potentially going to feel. Being willing to work through that discomfort until the necessary new habits are established for us to achieve the weight, and health, we desire is what success requires. It means doing things we don't want to do. It means sometimes being bored with routine. It means identifying wasted time and changing what we do to make that time productive. It requires determination, and most of all, it requires passion.

If you have a goal that you would like to achieve, it is important to ask yourself the question – Do I have what it takes?

I know several people who are experiencing incredibly challenging times right now - circumstances that are causing a great deal of stress, pain and discomfort.

Any practice you have done in the past learning to be comfortable with discomfort helped to prepare you for this moment.

All any of us can do is continue to honour our body and do our best, and by doing so, I believe we find the strength to walk through whatever situation we find ourselves in.

Dig deep. I know you have what it takes!