



MONDAYS

with Mike

Productive Discomfort

In a recent leadership post, Dwight Mason shared a wonderful reflection about productive discomfort. I loved the positive tension that these two words create.

Let's unbundle the message and land in a spot that allows us to capitalize on the benefits of productive discomfort.

Comfort is the familiar place where everything feels easy and secure. It's where stress and risks are minimal. It gives us a sense of control, stability, and certainty. What a great place, right!

Well, as former college football coach and current ESPN commentator, Lee Corso, would say, "Not so fast, my friends!"

Have we ever considered that the very comfort that we seek actually holds us back from becoming an even better version of ourselves? Our deepest fulfillment doesn't come from doing easy things. Rather, it comes from challenging ourselves, embracing discomfort, and doing hard things.

Laziness kills ambition.
Anger kills wisdom.
Fear kills dreams.
Ego kills growth.
Jealousy kills peace.
Doubt kills confidence.

Now, read those same statements from right to left:

Ambition kills laziness.
Wisdom kills anger.
Dreams kill fear.
Growth kills ego.
Peace kills jealousy.
Confidence kills doubt.

How about that! Let's function and excel by embracing productive discomfort while others remain paralyzed in too much comfort.

Have an uncomfortable week in the most productive way possible!