

PODCAST STUDY GUIDE

The Growth Zone

EPISODE 64

How do we become our future selves while still considering our current selves? How do we create success now that will get us closer to the person we want to be?"

That is where the growth zone comes in.



The circle on the left represents our current selves or our comfort zone. The circle on the right is our future selves or our uncomfortable zone.

When we're focused on the obstacles, challenges, and failures of now, we stay in our comfort zone. When we are eating by default, because it's what we've always known and it's what is comfortable, we are standing solidly with both feet in the comfort zone.

When we are solely focused on our future self and being as "perfect" as she is and eating what we're supposed to eat in the future, we jump from our comfort zone into the unfamiliar, uncomfortable zone of the future. We can only handle it for a minute before bouncing back.

That's what we see happening when we're planning to eat kale salads only but want chocolate. When we push down the desire and resist it, we eventually have to get back to that comfort zone.

We want to create lasting success and change by standing in the middle where the two circles intersect. That is where there is a mix of the comfortable and uncomfortable—the growth zone.

- How can you spend more time in the growth zone?

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