**GETTING OUT OF THE COMFORT ZONES** *by Pauline Brown*

Comfort zone….a place that has comfort

It contains all that one would desire,

So they choose to dwell there.

But is that really a possible situation?

Economics taught me that human wants and needs are always insatiable,

And their greed never allows them to stop wanting more.

So, the satisfaction zone is quite a total impossibility.

Thus I define comfort zones as a season of laziness,

A time when one is not willing to dig into their inner selves,

Identify their potential and stretch it to their maximum.

It is when one is in a bad state;

But fears to admit it because they don’t know

What it would take for them to improve their condition.

Or if they know, fear that it seems impossible to them.

Fear of the unknown, fear of failure, fear of people’s criticism,

Fear of working too hard, fear of losing what one currently possesses,

The list is too long,

And putting the list of fears as a number one consideration in making decisions

Is the greatest reason that could make one choose to remain in the comfort zone.



Is it worth it?

Persevering all the pain and suffering;

Yet you have great potential to get yourself out of the terrible situation?

No. It is not worth it at all.

If you have sufficient love for yourself, you should be able

To decide to get out of the comfort zone which is not at all comfortable anyway.

Take all the positive risks you can! Exploit your potential to the fullest,

Do what many think would fail, think outside the box,

Wake up early and sleep late trying to get yourself to the fulfillment of your original self.

Take all good opportunities that come your way and tackle challenges as they come.

Accept failure in good spirit and don’t let it weigh you down;

Let it serve as a lesson and motivation to do better.

Be patient no matter how long it takes and involve others as much as possible.

Love what you do and be happy.

You will fulfill your dreams ultimately no matter how long it takes.

But still, don’t be satisfied and relax,

Keep working!!