**The** **Enemy**

Today, in this article we will be discussing *common enemy.* Before introducing who the enemy is, first it is necessary to define an enemy.

*a person who is actively opposed or hostile to someone or something.*

Above is the definition as per google.

That neighborhood cricket team is the enemy of joe’s street cricket team. That girl sitting on the corner bench is Joe’s enemy.

Here in above example, Joe *thinks* that the girl is his enemy and he will take her down by any means of examination. Joe thinks that cricket team is his enemy team and will do whatever it takes to defeat them in coming match. You know what happens with the results? Joe again will be defeated by his opponents and will again come second in his class.

Do you want to know the *reason?* Here we go…..

We see the enemy as a human entity. But its partially true. Sometimes an enemy lies within us. Sometimes we become our own enemies and end up dragging ourselves just as another enemy drags us down to contend his/her selfish motives. The best thing about this enemy residing in us is visible yet invisible.

Why did Joe lose? Why he ended up second in class?

If we *really* find the answers than it lies within him. He examined and studied his opponents and prepared accordingly and there’s where he went wrong. And there’s where most of the people take a nosedive.

Now, what should Joe *really* do?

He should know himself inside out and study/play according to his boundaries and try to cross them. *Here comes our enemy:* He never tried to leap out of his limitations. He remained in his ***COMFORT*** zone. He didn’t train his mind to think beyond a limit.

*Comfort - An enemy to Progress.*

***Characteristics:***

* Jack of all but master of none
* Graph of progress is stagnant
* No satisfaction in monetary terms
* Complaining
* Compromising life

Either we can live our life, of which we had visions of or we can languish in the one destiny takes us. All it is going to take is just step out of our comfort zone and do the things which intrigue us, which beckons us towards it, which gives us adrenaline rush throughout our body.

***What will it take?***

Two things- Thinking capabilities and Brainstorming is just it will take. Try to break your own records. Step aside from the crowd and try to brainstorm because studies tell you will have round out of sixty-five problems surrounding you every time every day. *Enough for execution of the work.*

***How to win over it?***

*Train your brain*

In order to come out from the clutches of your enemy, try to ringmaster your brain. Search for it and you will get ample amount of games and puzzles to solve. Below mentioned are some of the ways through which you can edify your brain.

* Learn a foreign language
* Reiterate the letters of the words you speak
* Adopt a skill which requires connection of hands and mind
* Learn any sport
* Adapt your taste buds to every taste

What we end up doing more harmful is we *procrastinate – a termite which will decay us from inside.*

Note this down very clearly that I am particularly talking about work-related *comfort* and not the one through which mankind finds bliss in the life. There is no use of doing the same thing whole life because many people end up living a mundane lifestyle. The gist here is to take a leap out of your capabilities, set new boundaries to your work efficiency.

***Now, what does this coming out from your comfort means?***

*Take risk. Period.*

More than what would happen if you fail? You will come at the same point where you were before. But if you didn’t take one, you will definitely remain there only. To take a risk is like to ascend the stairs of the building called life.

*Happy risk-taking!*

Source: <https://www.everydayhealth.com/longevity/mental-fitness/brain-exercises-for-memory.aspx>

Tagline source: The Greatest Showman (A 2017 release)