

Home is where one's comfort isn't challenged. Whether that's at a beach, in another country, or in one's place of residence. Home is where one doesn't challenge themselves. Where one rests before the battle.

This can be anywhere, at any time. Sometimes a place might be home, or sometimes that same place might be a battlefield of challenge. Whenever someone feels comfortable with their current state, they are at home. Home is your desk when you are relaxing watching a youtube video. Home is not your desk when you are challenging yourself in a difficult assignment. This is far from saying that this state of challenge is inherently worse than home. The connotation we put on home as being a constant positive is not true. It is necessary and fulfilling to leave that home. And, to do so frequently is essential. However, that does not diminish the place that home has in our lives.

Home is the ocean on a calm day, slowly paddling into a two-foot wave on a longboard. The wave picks up the rear as your paddle force matches, and then is overtaken by the energy of the wave. Home is the slow and graceful pop-up before a shallow bottom turn. Home is two feet next to each other gliding down the laminar face glittering with sunlight. Home is NOT that same beach, on a different day. A day when the morning light slowly illuminates the houses on the cliff above. The day when the hurricane in México brings its energy to our shores. The day when you strap your leash on extra tight, and the day when you have to make a conscious decision to paddle out. When the waves breaking on your head stress your arms into a sharp and sudden duck-dive. When it's a sprint to meet the rapid energy of the wave. When it pitches up in an instant. When a sharp and aggressive jump is required to pop-up. That is a challenge, not home. Yet, on this day of challenge, after that exertion of energy and effort, after a couple failed take-offs, you get to your feet. And this wave isn't home; it's a perfect, steep barrel. This is a challenge, but as you make that decision to pull in, the world and your soul is stretched further, and more becomes your home. That elation of not only being in, but getting launched out of the wave is one memory that will always triumph over a memory of home.

That's what home is. A resting zone for the future ahead. However, home is a dangerous place for this same reason. Some of us never leave home. We might travel across the country, across the world, but some never leave their home. They reside in comfort. They don't step out of the imaginary door into the world of challenge that awaits. These are the home-bodies. When they try to think of a memory, it is swathes of similarity. They remember the underlying fear that prevented them from stepping out that door. They remember looking out the window, seeing a challenge, but staying home instead. They remember the comfort of their home, but underneath that they remember the disconcerting fact that they never left that home. They remember considering a challenge, but calling out sick instead.

For those who never leave the confines of their comfort zone, the concept of home becomes a trap, rather than a sanctuary. They may travel physically but remain emotionally and mentally tethered to the safety of their familiar surroundings. Their memories are filled with echoes of missed opportunities, unfulfilled ambitions, and the lingering regret of staying within the bounds of their comfort.

These individuals may find themselves looking out of metaphorical windows, yearning for the excitement and challenges that lie beyond, yet unable to muster the courage to step out into the unknown. The fear of failure, rejection, or discomfort holds them back, trapping them in a cycle of inertia and stagnation.

In contrast, those who embrace challenges and venture beyond the confines of their comfort zone experience a richer, more fulfilling life. They understand that growth and transformation occur outside of familiarity and routine. Every challenge they face, whether big or small, becomes an opportunity for learning, adaptation, and personal development.

These individuals cultivate a sense of resilience and adaptability that enables them to navigate the uncertainties of life with confidence and grace. They understand that true fulfillment lies in pushing past their limits, exploring new horizons, and embracing the unknown with open arms.

While home remains a comforting refuge for these adventurous souls, it is no longer a place of complacency or stagnation. Instead, it becomes a launching pad for new adventures, a place to recharge and reflect before embarking on the next journey.