

WHO WILL WIN ...

The 'Tug-of-War' Inside?



It is Saturday as I write this and when I woke up this morning I started wondering what I was going to write about this week. I thought to myself, 'I am sure it will just come to me'. I got up and looked out of the window - it was overcast but fine, so I decided to get into my exercise gear, jump in the car and take our dog Joia to the park where there is a playground. She can run and have fun and I will do some exercise on the equipment; chin ups, dips etc. My plan was going beautifully; we pulled up at the park and just as I was about to get out of the car it started to rain. I thought I would wait a few minutes and see what would happen – it got heavier. So I waited and waited and it just didn't seem to be easing off. Then it just hit me – the subject for this article popped into my head ...

I started debating with myself about whether I should get out in the cold and rain and stay with the plan or whether I should just go home and miss out on my training and walking the dog. At that moment I realised that every decision we make is a battle with ourselves. Every decision we make involves us having an internal 'tug-of-war'. The question is which side will win?

Comfort or results?



As I looked out of the car window the 'tug-of-war' began. One side started pulling! *'It really looked cold and horrible. No-one else was out there. Do I really need to exercise today? Does Joia really need to go for a walk? She probably won't enjoy the rain anyway! I am in Laura's car and I don't want to get it wet inside!'* Once that side finished, the other side threw in it's opinion. *'We are both waterproof! It is great that no-one else is there because we have the park all to ourselves. We will warm up as we start exercising. I will be glad when it's done and I am dry and warm. Joia will love running in the rain.'* This battle went for about ten minutes and then the deciding question came into my mind; *'would I prefer comfort or results?'* YUCK, I hate that question because there is really only one response! We got out of the car and went and did what we came to do!

It is never as bad as it seems!

Joia loved it, as deep down I knew she would. Chasing balls, rolling in the wet grass and just doing what playful & energetic dogs do. As for me, well I wouldn't go as far as to say I loved it, but it certainly wasn't as bad as I had expected it to be. As I was standing in a warm shower after we got home I was glad that the 'tug-of-war went the way that it did and that I chose 'results' over 'comfort'.



In my experience as hard as the decision can sometimes be and as hard as well pull on that rope towards the direction of 'comfort', when we do decide to go for 'results' it is never as bad as we expect it to be. The most important thing about this decision is the way we feel about ourselves as a consequence and the fact that it expands our 'comfort zone'. It gives us the belief that if we can do that uncomfortable thing then why can't we do other uncomfortable things in any different circumstances. What an amazing and empowering feeling that is to have and own!

We should start small



If our 'tug-of-war' is regularly pulling in the direction of 'comfort' rather than 'results' then we may have developed a belief about ourselves that we can't do or achieve certain things. This is a common self-belief for many people. The great news is that it can be changed one small step at a time. The biggest mistake that many people make is by trying to overcome their fear of getting 'outside of comfort' by doing something crazy like jumping off a cliff! All this does is compound it even further when we can't do it. My advice is that

we should start small – first just jump off a small rock and then gradually build up to the cliff from there.

Make it a habit of stepping outside of 'comfort' daily

I have heard it said by some extraordinarily successful people that everything we want, and I mean EVERYTHING, lies outside of our 'comfort zone'. Doesn't that make you want to vomit! It sure does to me! So, we can complain about it, pretend it isn't true or we can just accept that it is the truth and do something small every day or week that takes us out of our 'comfort zone'. This small habit, once developed, will build our confidence, build our belief and give us the strength to win every 'tug-of-war' in the direction of 'results'. Imagine how amazing life could be - Have a fabulously **uncomfortable** week!!



*Andrew Jobling
December 18, 2010*

AndrewJobling
ANDREWJOBLING.COM.AU