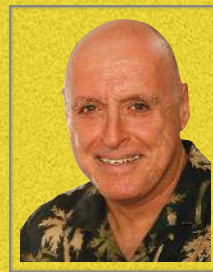


THE EXTRA POINT

BY JERRY ROBERTS



516 Do You Buy “No Pain, No Gain”?

Do you think the guy who first said, “No pain, no gain” knew what he was talking about? I’m Jerry Roberts and today, we’ll talk about discomfort and where it fits into our desire to get better. That’s next on The Extra Point.

Quick, who made famous that saying, “No pain, no gain”? Did you say Arnold Schwarzenegger? No, it wasn’t him. Did it come from Nike or some other clothing brand? Nope. I’ll save you the Google dive. What if I told you the phrase was the work of Benjamin Franklin? It’s true, in the 18th century Franklin said: “There are no gains without pains.”

When it comes to personal growth, this is a well known fact. In order to become something different and better than we are, we’re going to have to experience change. Most of us don’t like change. We’ll gladly take the growth and the good that may come our way, but you can hang onto the changing if there’s pain involved, thank you.

The trouble there is that the two naturally go together like peanut butter and jelly, kelaguen and rice, and six Guam drivers turning left on a red...but I digress.

To experience personal growth it requires that we leave what is called our “comfort zone.” When I first heard that years and years ago, my first thought was, “Hey, if I’m comfortable why would I want to leave?” The question was answered later in life when I read the quote, “There’s no standing still...you’re either moving forward or you’re falling behind.”

That told me why comfort zones don’t work. The world is always changing and if we don’t change along with it, our comfort will disappear.

There’s nothing wrong with being comfortable. That said, there is something wrong when that

feeling of comfort lulls us into complacency or entitlement. We begin to take things for granted. We see it in marriages when people get a little too comfortable and they stop doing the special things for each other.

They exist in the workplace where great workers aren’t made to feel appreciated by managers, so they take another job. It’s in customer relationships, too. Customers buy a product for years and gradually the company stops working so hard to get the business. What a surprise it is when that business is captured by the competition.

When it comes to growing, we need to step up our game and do things that make us a little bit uncomfortable. That could mean speaking in public, learning unfamiliar skills, maybe building a morning routine that includes a long cold shower. Whatever it is, the discomfort experienced is usually only temporary until we get used to the new activity — until we get comfortable.

What should we do then? Well, how about pushing the envelope a little and adding a little more discomfort again. It’s really about discomfort-grow-comfort-discomfort, grow, and on it goes.

If we want to get better it’s important to accept the fact that discomfort is not our enemy. It’s the bridge to who we’re about to become.

That’s The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I’m Jerry Roberts.

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