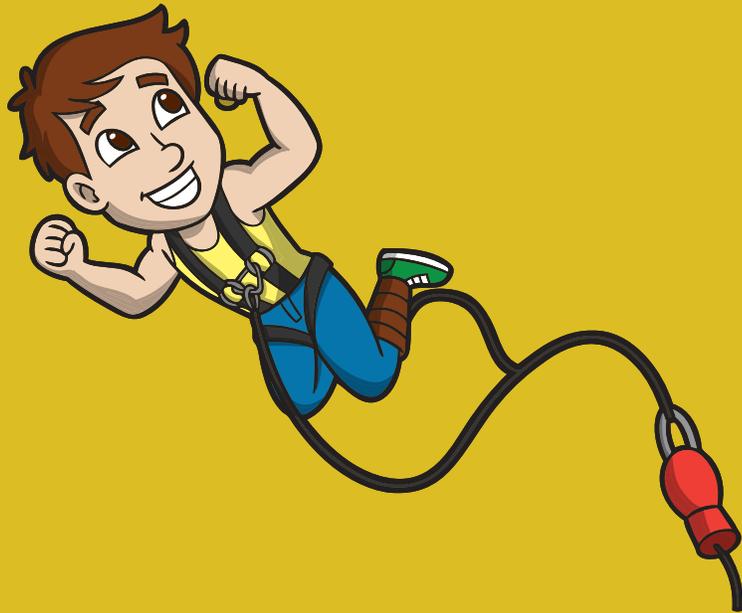


# GETTING OUT OF YOUR COMFORT ZONE

A Guide To Stepping Out Of Your Comfort Zone



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# Introduction

A 'Comfort Zone' is defined as a state which is familiar, and a person feels at ease and in control. When you're in your comfort zone, your blood pressure is lower, your heart beats slower, you feel like you have enough to eat and drink, and probably have affection in your life.

We're hard-wired to accept these conditions as ideal. Who wouldn't want to be in a place where they're protected, adored, and in control?

The problem is, comfort is only comfortable when there is nothing to disrupt it. Nothing changes. Neale Donald Walsch, author, and motivational speaker put it this way: "Life begins at the end of your comfort zone."

The very definition of a "comfort zone" precludes any change. There can be no growth, no creativity, no advancement, no *change*, or it wouldn't be a comfort zone.

But true growth, excellence, and achievement cannot come from stagnation. Your dreams, your goals *cannot* be achieved unless you are first willing to leave your comfort zone and spread out, take chances and occasionally fail.

Think of the muscles in your body. If you never stand or walk or run, your leg muscles will eventually give out and atrophy. To have strong muscles, you need to press them, challenge them, and make them sore. Yet even knowing this, it's easier to sit with your feet up and watch TV, even if that won't help your leg strength.

As scary as it can be, as painful as it can be, breaking out of the comfort zone is not only important, its mandatory to reach your goals. Remaining

where nothing changes means stagnation and death if only the death of a dream or the future.

It's no myth that horses will run *into* a burning barn. The stall they've lived in for so long has become a comfort zone. There they are fed and groomed and kept from harm, so they return to what's safe.

Animals who spend too much time in a small cage will often limit their activities to an area that fits that pen, even when given a larger expanse, or even freedom. That which exists outside of the comfort zone is frightening and unpredictable. It's also where life happens. And as frightening as it may be, leaving the comfort zone is a vital step in growth.

Here's the catch: Once you *have* moved out of your comfort zone, you'll create a new one. Motivational speaker, Robin Sharma said: "As you move outside of the comfort zone, what was once the unknown and frightening becomes your new normal."

In the analogy of the caged animal, they may have been free to roam in the wilds once, fighting incarceration, but the cage they feared now becomes the very cage they fear to leave.

Comfort zones are good places to rest, to gather strength, to analyze and even examine your life, but you can't stay in one forever. In order to grow, you need to consistently push yourself harder and harder.

Let's take a look at comfort zones. Why are they so hard to leave? Why are they necessary? And how can we break free from them and finally grow?

## Benefits of Getting Out of the Zone

At the turn of the 20<sup>th</sup> century, two psychologists determined that “a state of relative comfort created a steady level of performance.” In other words, once we reach a comfort zone, we expend as much energy as we need to remain static in that zone.

When change is forced upon us by events out of our control, then we change our efforts to fit the new “normal.” If the comfort zone is threatened or altered, we may have to work harder to maintain it through rising costs and then adjust to the new reality. If things become easier, then the temptation is to lessen our efforts as it’s easier to maintain the status quo.

That’s why it’s a “comfort zone” - it requires no extra effort to maintain. Notice, however, that the new normal becomes the new comfort zone. Growth and progress come just outside of the comfort zone, in a state referred to as “optimal anxiety.”

Optimal anxiety isn’t a new idea. If you’ve accomplished something great, or been able to reach a goal, you’ve been there already. It’s found where you’ve pushed yourself to meet that goal.

Bear in mind that pushing too hard or being pushed too hard will create a pushback response, and performance takes a dramatic downturn. In this case, it can also reinforce the idea that challenging yourself is a bad idea. You can even convince yourself that you’re unable to succeed. We naturally want to return to our comfort zone.

This means that leaving the comfort zone isn’t easy. However, with practice and continued success, challenging ourselves can become addictive in the way athletes become “addicted” to working out and pushing themselves physically.

Even though pushing out of your comfort zone is uncomfortable and challenging, there are many benefits to sticking to it. Here's a list of benefits you can look forward to once you are committed to moving towards your fullest potential.

## **Your self-awareness will increase**

“Every entrepreneur knows how agonizingly difficult it is to make the decision to give it your all, knowing that failure is inevitable; the successful ones know that the only way to get back up is through learning from that failure.” Fabrizio Moreira, Ecuadorian political dissident, and businessman.

The difference between “failing” and “learning” is whether you get up and try again or not.

## **You won't recognize yourself**

Seriously. If you set out to prove you can write a novel and you do, you will forever see yourself as someone who has written a book. If you set your goal to make Vice President of the company, and you do, you will see yourself as a “go-getter” who can and has climbed the corporate ladder.

Getting out of your comfort zone means you have to reassess who you are and how you see yourself. It creates confidence and self-assurance. You might even be surprised how much you like the new you.

## **Others will see you differently too**

You're going to be the go-getter at the office everyone talks about and envies. You're going to be the example to others who *don't* leave their comfort zones.

Have you ever wondered how someone got to where they are in life or in work? That's going to be you, and that new perspective will change the way others see you, probably forever.

## **You'll learn new skillsets**

When you take a step out of your comfort zone, you'll get the opportunity to develop new skills and abilities. This is one of the things that makes life exciting instead of boring.

## **Your productivity will increase**

Comfort is the best, fastest and most sure way to kill productivity. How many times have you described your current job as a "rut"? If you're only making the barest minimum effort to maintain, you're not producing near what you could be doing.

Leaving the comfort zone hones your focus and concentration. Taking a risk can be scary, but it's also exciting. Once you take that first step, you'll notice you look forward to learning new skills and attacking different tasks. Life is no longer ordinary. Learning new things will improve your focus and concentration so that you are more productive and on-task.

## **You'll get further than you ever believed possible**

Once you step outside of the comfort zone, you'll push yourself harder, focus better and achieve more than you ever thought possible. Remember that failing is okay, it's part of learning. You might find that each trial, each learning experience is a milestone getting you closer and closer to your goal. You might even discover that you can go past your goal and achieve even more than you ever dreamed of.

## Change will come easier

Getting out of your comfort zone means that you'll be better equipped for change. You'll become more resilient. So, when unexpected changes come, or your plans don't go exactly as you'd hoped, it will be easier to bounce back.

## You'll be more creative

There's really no reason to be creative when you're resting in the comfort zone. But branching out will help you to see things from new perspectives. Those new perspectives along with the new challenges you'll take on will inspire you to get more creative in your problem-solving. It will help you think outside of the box.

Don't misunderstand, a comfort zone is not a "bad" thing, nor is it intrinsically good. It simply is. It's a natural state toward which we all gravitate, becoming enamored with the concept of comfort and security.

Comfort zones are for resting, for taking stock, for assessing all we have accomplished and created and have done. They are *necessary*. They are also addictive, and occasionally hard to break out of.

When the comfort zone is a place we refuse to leave altogether, that's when it becomes problematic. Going to bed is a necessary thing for rest but staying in bed all day leads to depression and irritability.

Let the comfort zone give you rest and peace, but when it's time to move on, move on. The benefits will be worth the challenges.

# The Challenges of Stepping Out

We've established that stepping out of your comfort zone isn't easy. The very thought of it might send shivers down your spine. Why? What's so terrifying about trying something new?

It might help to reason out why it's so frightening. The more you understand about the process, the easier it is to handle.

Here are some very common challenges for stepping out of your comfort zone and spreading your wings.

## It feels scary

"...courage is not the absence of fear, but the triumph over it."  
- Nelson Mandela.

It's normal to be afraid, don't fight it, don't chide yourself for a reluctance to step outside of your comfort zone. It's also okay to be scared. Taking risks does feel scary.

People want to stay where they are. They want to be safe and protected and know what's expected of them. It fights against the instinct to leave that and challenge yourself to go on to greater things.

To overcome some fear, you may want to consider taking smaller steps out of your comfort zone until your confidence grows. And often, just keeping in mind that everyone feels scared when they first step out of their comfort zone can relieve your anxiety.

## Afraid of failure

No one can avoid failure throughout their lives. It's a learning process that eventually leads to success. Even if you succeed right off, eventually, you will fail. It's inevitable.

When you step out of your comfort zone, you have assigned yourself a steep learning curve and a certain amount of pressure to succeed. That means at some point we're going to fail. There is no other way to learn quickly. This too is normal. Allow yourself the option of failing; it means you're learning. It means you're getting closer and closer to your goal.

Keep in mind that failure isn't a bad thing if we choose to learn from it. When you worry about falling on your face, remind yourself that failure is a natural part of life that no one can avoid.

## **Feel like a fraud**

Because you don't believe you are this new dynamic person, you may feel like a fraud. Like you're wearing your parent's shoes and playing dress up and are just waiting to be found out. It follows then that there will be a fear of ineptitude. If you're faking the person you are becoming, then how are you expected to perform the functions of that person?

It's important to remember when you feel like a fraud that once you gain more experience and confidence as the new you, this feeling will subside. It's unfortunate, but if we want to grow personally or professionally, we're going to feel uncomfortable in our new skin for a while. But it won't always be like that. And growth is always worth it.

## **Fear of what others will think**

Going out of the comfort zone means that we change. We become stronger, more creative and more confident. But what happens if people don't like the new you? What happens if the new you lose friends? What if

your family, friends, and coworkers think you've gotten something you didn't deserve or that you've gotten too big for your boots?

Everyone who's ready to take a chance and shake their life up worries about this to some degree. But it's rare that people lose friends and the respect of their colleagues. In most cases, people find they are admired for stepping up and changing their life for the better. You may even find that you inspire others to do the same!

## **Morality questions**

What will the corner office involve? Having to lay off friends? Firing a former coworker? These are legitimate concerns.

The fact is, you're not going to know what is involved in the new process until you've gotten there. All of this is possible, and you'll have to face it when it happens. And if you are faced by some of these difficult challenges, you'll have a new perspective and skills with which to handle them with ease and grace.

## **Always more growing to do**

You bust out of the comfort zone, snag that corner office and the big promotion, and for a while, you're playing catch up and figuring out how to do the job. But once you do, you have a new comfort zone. It's a lot better than the old one, but the effort you're putting into it is now "normal." Welcome to the new comfort zone. Now it's time to set a new goal and reach out once more. There's always more learning and growing to do. This can seem daunting to people, but in reality, it's the way you reach your highest potential and achieve your life's purpose.

Don't let these challenges or any others come between you and taking the chance of a lifetime. No one is able to change their life into what they want it to be by staying safe in their comfort zone. Just be aware

that these challenges exist so you can work with them, anticipate them, and plan for them.

So yeah, there are going to be some real challenges here, but rather than focusing on those, let's look at what you are risking if you stay safe and comfortable.

## What's at Risk—Staying in Comfort

We've looked at the comfort zone and the benefits of getting out of that zone. Now let's take a moment and talk about what happens when you *don't* break out of it.

Leaving your comfort zone is a big step. You're considering turning your life upside down and making large, sweeping changes. But what happens if you fall short? What happens if you can't reach that goal if you have disrupted and changed your life for *no reason*?

Such fears are easily faced. All you have to do is stay right where you are. But that's not facing fears, it's avoiding them. Worse, staying in your comfort zone means that you cannot make any changes in your life at all. Certainly not *any that make a significant difference*. Change means that's you're no longer able to predict that course.

So, while taking a chance to do something spectacular is often daunting, never leaving your comfort zone means staying stuck where you are. Here are some things you'll miss out on if you let fear keep you stuck inside your comfort zone:

### Never figuring out who you are

To know yourself, you need to test yourself. You don't know how a car handles if you don't drive it. You won't know how you're going to hold up under pressure if you never move.

We all have a baseline, a means by which we judge our place in the world. What seems possible, what seems likely, what we think we are capable of. These will change as we grow and discover. If you don't know who you are, you won't be able to know *where* you are in relation to the world.

You've heard the stories of people doing superhuman feats that seem incredible. Under the stress and fear in an emergency, someone rises to the occasion in a big way.

The anecdote is always followed by the wistful expression "you never know what you can do until you have to." Well, yes, you can. You can find out how much you're capable of doing. You can explore your limits, push them, push past them and find out what your limits are and then go on to *defy* them. But that doesn't happen in your comfort zone. You will never realize your potential unless you've challenged yourself.

## **Miss out on life**

It's been said that we are the sum of our experiences. The truth is, if you live your life in a box, everything starts to look like cardboard—plain, beige, and boring. When we stay in the comfort zone, we lose all concept of what an incredibly huge, colorful, strange world we live in. What a shame!

Staying in your zone is like hearing parenting advice from someone that's never had children. You cannot get a realistic view of the world, or those in it when you're confined to your own small space.

## **Nothing ventured, nothing gained**

Without risk, there is no success. Without trying, there is no winning. The status quo is the one place where you can be assured that you won't succeed, that's the idea behind the comfort zone, no success. No failure. No change.

You need to put yourself out there, to take chances, explore without a net, or you will never grow.

Risk isn't bad. It's also not a guarantee. That's why it's called a "risk."

You'll fail. It happens. The most successful entrepreneurs know that they will lose sometimes. And they do lose - large sums of money sometimes. They measure success at the end of the day, the end of the week, and at the end of the year. Invariably, they end up making more than they lose. If they counted every bad investment as a failure or gave up when an investment went south, they would never have a net gain at all.

## **Your goals become regulated to “someday”**

Like watching someone else stroll a beach in the tropics, and you think to yourself, “Someday I want to do that.” What you mean is that this is a goal I will never have. I will only ever envy those who have it instead.

You can't reach your goals while in the zone, it's not possible. So they are put off. Next year, becomes “in a few years” which eventually becomes “someday.” That person walking on the beach, probably worked for it, saved for it, fought for it. Even if they're one of the rare ones who have everything handed to them, between you and that beach is nothing more than planning, working and taking risks. Don't blow off your dreams because you don't want to leave the zone.

Use the comfort zone for its intended use. Use it for a temporary rest. But while it's a nice place to visit, you don't want to live there. Don't get so comfortable that you become a zombie, walking through life on autopilot without anything to look forward to. To make your dreams come true, you have to step out of your comfort zone occasionally.

## Ways to Get Out of Your Comfort Zone

Now that we've looked at the risks and dangers of not leaving the zone, you're probably ready to change, but don't have a clue how to begin.

There are some warning signs you need to consider. Symptoms of having been in the comfort zone for too long. It might seem self-evident, but boredom is a good clue that you're too long in the zone. What's less so are self-criticism and stress. When you're in the comfort zone, there is a part of you that will want to spread, grow and reach beyond where you are. This leads to stress and self-criticism.

Watch for envy. When the green-eyed monster raises its head, it might be that you're resenting the fortunes of others who left their zone long ago and managed that trip to the beach or the nice house. Envy often gives way to anxiety.

Worrying because you're not "there" because you're not where you want to be, (such as that corner office, or you've got a lesser position than the people you went to school with) means there's something wrong with you and that you're obviously failing.

Why are you listening to a host of untold self-destructive messages that re-run in our heads over and over again? This is a sign of being caught in your zone.

Of course, we can make excuses. There is a lot to choose from. If it weren't for that bad boss, the bad relationship, the bad driver... you know the drill. Whatever excuse lets you avoid leaving your zone. And there are a lot of them. Maybe your life would be different if your boss hadn't fired you, maybe things would be better if your mother was a better person or if you had been raised differently. But laying blame on someone else and sitting back in your zone accomplishes nothing at all.

If your job is a dead end, your business is failing, or your relationship is stagnant, maybe the cure is to get out of the comfort zone, roll up your sleeves and change the things around you.

How? Here are some things to think about, some actions you can start to get the zone behind you.

## **Gather information**

It's tough enough to get up and get going, but when you're heading out to the great unknown, it's tougher. You need to know what to expect, how to act, and how to react.

Gathering information will help you face the change without fear - or at least reduce it a little.

And no, you can't foresee everything. Unexpected things will come up. But the more information you have, the better you're able to deal with the unexpected.

## **Do something every day that takes you a little out of the zone**

Choose a small thing that you can still control. Talk to a stranger, join a group that does speeches, volunteer for something that takes you out of the zone. Small victories with small risks will help you learn to control your fears.

## **Make a plan**

A large part of the reluctance to step outside of the comfort zone is fear of the unknown, of losing control. The appeal of being in a comfort zone is that you can control the parameters. If you have a plan in place, it gives you the ability to hold on to a little of that control.

Once you've worked out your goal, figure out how to get there from where you are now. What are the major steps? What are the smaller steps between them? Make a list.

## **Make yourself accountable**

Tell your friends and family what your goals are, and what steps you're planning on taking. We all have an uncle or cousin or sibling who is not supportive. They are the little voice in the back of your head that says it can't be done, that nothing will work out right. They are not the ones to hold you accountable.

It might be that someone in your life has similar goals, that they too are trying to step outside of their comfort zone. Team up, holding each other accountable. You may be just the inspiration they need to reach out of the zone and expand their horizons.

## **Take baby steps**

There are major things to accomplish, but all major goals are composed of smaller, shorter steps. Once your plan is in place, and you've cut it down to the smaller steps, let the long-range goals go.

Don't let yourself get overwhelmed by the big picture. Concentrate on the baby steps, as that's the surest way to achieve a goal. Skipping the small steps will give you an excuse to not try. Being overwhelmed will send you back into the comfort zone. Small steps make lasting change.

## **Stay focused, stay positive**

There will be times when you'll come up against unexpected obstacles. This is normal. It may sound cliché, but there is a great deal of truth to the idea that a positive attitude attracts positive results. Negative attitudes create negative results.

Be your own, greatest cheerleader. Keeping a positive perspective will keep you motivated and inspired.

“Ultimately there is no such thing as failure. There are lessons learned in different ways.” - Twyla Tharp, Dancer, choreographer.

## **Be honest with yourself**

We lie to ourselves all the time when we tell ourselves that we are where we are because of outside influences, or because of those around us.

For example, someone who is afraid of public speaking may tell himself that it isn't important, that making the presentation doesn't make a difference when it comes to promotions. A person who fears intimacy may blame all the people they've met as being unable to see the “real them.”

Don't let yourself rationalize this away. We're good at excuses; it's how we stay sane in the zone. Instead, ask yourself this: if you weren't afraid, would you do it? If there was no fear in giving the presentation, would you do it to further your career? If there was no fear of rejection, would you ask out that person you've been looking at for months? Be honest, hold yourself accountable to you first and foremost.

## **Find a mentor**

While this is not the easiest of assignments, it's not impossible either. That person who did get the promotion, the one that seems able to navigate the maze that scares you? Find out how they managed it.

Maybe that's who you need to ask. Perhaps it's someone in a different field or someone who manages a happy, healthy relationship. Mentors are everywhere.

Asking for advice is a compliment. Think about it. When someone asks

you for your advice, you feel flattered because they have put you on an “expert” level. Asking others for advice is simply that, asking for some recommendations from someone that has worked out the problem you’re fighting. Find out what worked for them, what they tried that did and did not work. This is a good choice for a mentor. Use their expertise to make your journey easier.

## Practice mindfulness

Mindfulness is defined as “Bringing one’s complete attention to the present experience on a moment-to-moment basis.” That is to say that you bring up the emotions you’re feeling, without judgment or bias and you name them, acknowledge them and set them aside.

There’s no mystery that suppressed emotions can control your life. Anger unexpressed turns to depression, which can lead to ulcers, stomach issues, and chronic pain. Unresolved envy turns to bitterness and resentment.

Being mindful means placing yourself in the here and now, realizing what you’re feeling, what you’re thinking and allowing yourself to process it, even when it feels hard or painful. Practicing mindfulness can be an amazing tool to help you conquer your fears when moving out of your comfort zone.

Never tried it? Mindfulness can be learned by starting with three steps.

- **Stop.** Whatever you’re doing, whatever you’re feeling stop. You need to let yourself concentrate inwards for a while.
- **Breathe.** As odd as this may sound, breathing is the key. A deep breath allows you time to step away from the pressure or situation, lowers your heartbeat, and lets you see things from an analytical perspective.

- **Think about what you're thinking.** Are you angry or envious? Are you frantic or scared? Be honest. Name your feelings. Don't judge. This is not the time to say you "should" be doing or not doing. You feel what you feel. Name it. Claim it. Set it aside.

## **Say yes to something you don't know exactly how to do**

Someone once said that the only job worth doing was the one that you weren't 100% sure you could do. The job that scares you a little is the one that will keep you focused, will keep you engaged. Branch out and try a project you have to study for, one that you need to research, to do some work just to understand. Not only will you learn valuable information, but your boss will also see you as someone multi-faceted and not just in the same position and in the same job day after day.

## **Take a class**

There are often free classes at the local community college, take something you've always wanted to know more about. Painting, music, drama, writing. Choose something fun that you've never tried before. If you don't like it, you've lost very little. But it will break the endless work/dinner/TV/bed cycle that keeps us locked in the comfort zone.

## **Join a new community**

Do you like to sew? Knit? Paint? Yodel? Somewhere there is a group of people that meet to do just that. There are groups for everything from hiking to science fiction. Join one.

Start with a store that caters to your hobby. Go to a craft store for crafts, a fabric store for sewing, a comic book store for comics and science fiction. Most of these will have community bulletin boards advertising groups, many will even have groups they sponsor. Or head over to Meet Ups, an online list of groups in your area who meet to learn and challenge

one another. You'll meet new people and may even gain a new perspective on things you thought you knew inside out.

## **Pick a fear, any fear**

Flying. Public speaking. Heights. Whatever your fear is, make a plan to face it and carry it out. For example, if you're terrified of making a speech, join a group like Toastmasters. If you're afraid of heights, look at trying different things that get you up off the ground, from climbing the first step of a ladder to bungee jumping.

Whatever the fear, make a plan to face it, slowly and in increments. Baby steps are important here too.

## **Be grateful**

Our society encourages us to be dissatisfied. This feeling sells products and experiences that keep the economy going strong. But it's not going to make us happy. No matter where you are in the process of taking that next big step to change your life, take a time out to be grateful for where you are now. And, be grateful for all the experiences that got you to where you are now. When you do this, you may realize that many of those experiences were unwanted and maybe even felt like a failure at the time.

## **Reach out to that person that changed your life and let them know**

Send a letter to the celebrity, send a tweet to the famous athlete, or track down that sixth-grade teacher and let them know what a difference they made in your life.

If they read it, you will have in some small way repaid their efforts. You will have even made their day. If they don't read it, the difference will

be made in you. You'll feel the effects of the letter even if they don't see it.

## Conclusion

As odd as it sounds, you need to be uncomfortable. You need to explore that part of you that isn't content, that doesn't quite fit right. It's in the outskirts of complacency that you grow and progress and change.

It's also in those uncomfortable places that we breed creativity and inspiration. These are the challenges that make us rise, and creates better, stronger and more focused people.

Isn't it time you left your comfort zone and found that amazing, brand new you?

As you take those first tentative steps outside your comfort zone, keep these important points in mind:

1. Living all your life in your comfort zone is a waste. Plus, it's downright boring. Challenging yourself and your place in life not only will help you reach goals you felt were impossible but will make your life fulfilling and exciting.
2. Our brain tries to keep us safe by igniting our fear response when we think about taking a risk. That's its job—to keep us safe when it believes we are in danger. But just because our brains are wired like that doesn't mean we should stay in that safety zone. When feelings of fear arise, tell yourself it's just your brain trying to keep you safe and that everyone feels exactly the same fear. But the ones who take the risk anyway are the ones who live their life to the fullest.
3. Busting out of our comfort zone occasionally improves our productivity, creativity, and zest for life.

4. Growing, whether personally or professionally, is only possible when we step outside our comfort zones and challenge the assumptions we have about our place in the world.
5. Our comfort zone isn't a bad thing. It's when we are unwilling to step a toe outside of it that it becomes a negative in our life. Allow yourself time in your new comfort zone to rest up from the challenges you've faced before you reach out and up again.
6. After we risk moving out of our bubble of comfort the first time, it gets easier and easier. We experience the thrill of trying something new, of accomplishing something we never thought we could. Nothing horrible happened. We're more alive than ever. After these experiences and feelings, we feel more excitement than fear the next time we venture out.
7. Taking small steps outside our comfort zone is still moving forward. You don't have to quit your job or take up skydiving to take that step. But what if you went online to find out what degrees your local college offers? And after that, what if you signed up for a class in an area that's always fascinated you? Before you know it, you could be quitting that job you've always hated and move into a whole new career—all one step at a time.
8. Busting out of your comfort zone isn't about being foolish or making rash decisions. It is about taking appropriate steps to reach your big goals to change your life for the better.
9. Once you decide what you really want out of life, break down the action steps you need to take to make it happen. Make a plan and then take action in spite of any fear that may arise. Having a plan will help you feel safer so you can move forward more easily.
10. One of the best things about moving outside of your comfort zone is getting to know the real you. Self-awareness is much more than a

buzzword. It's an amazing opportunity to learn about your deepest self so that you can reach your life's purpose. And it's guaranteed that you'll surprise yourself with all you can do!