

# “GETTING COMFORTABLE BEING UNCOMFORTABLE”



*By Trish Blackwell*

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Real growth – and real life, at that – starts when we step outside of our comfort zone. Today your detox journey is all about getting comfortable getting uncomfortable.

The most efficient way to learn who you are and what you want from life is to spend some time alone. Being alone can sometimes be uncomfortable, which is exactly why it is so effective for our self-development and growth.

## DETOXIFY:

One of the reasons why we struggle with being alone is that we are constantly surrounded by distraction. Today, to detoxify yourself of all of the static that exists in your daily life, find at least three ways to turn off noises that keep you from being alone with yourself. You can do this by driving without the car radio, by using earphones without turning on your music while you workout, by taking your coffee outside of the coffee shop instead of inside where you are surrounded by talking or by turning off all of the notification alarms on your cell phone.

## DEFINE:

Delegate some time in your day today, even if it is just for five minutes, to be completely alone without distractions. You are permitted to have a pen and paper to write down any revelations or thoughts you might have during your blocked off time, but please do not have a cell phone, tablet or music of any kind. Let the quietness of being alone give your mind freedom to wander. Through this short exercise you are learning to define yourself as someone who is able to be alone when needed. Eventually, the more you do this exercise, you will find respite, rejuvenation and revelation from taking these moments of alone time.

## DARE:

Your dare for the day is to do something exceedingly uncomfortable today. This might be speaking up in public, calling into a radio station, or even doing a very high intensity workout that pushes your body past what you normally find comfortable. The more we practice embracing discomfort in the little things, the more boldness we equip ourselves with to own our confidence as we face our fears and we face the unknown on a larger level.

Confidently yours,  
Trish