



The Next Level of Performance, LLC

Stretching Yourself

We have all been out of our comfort zone from time to time but how many of us realize that we are actually growing. There are two times in our lives that we are growing and most people don't realize it.

1. When we fail or not succeed at something.
2. When we are stretching beyond our perceived capabilities.

There are lessons happening in our lives all the time and when we fail at something it gives us an opportunity to reflect on what happened, why it happened and what our recovery plan is. Thomas Edison failed over 10000 times but he did not quit. Much like him, we need to have unwavering faith that the goal we set is going to happen eventually as long as we never stop learning.

When we are stretching, we are expanding and even though sometimes it feels like we have expanded to the point of vulnerability or getting hurt we often pull back. We do not realize that the learning during that stretch is priceless. We must have the right mindset to know that stretching ourselves can yield more growth than imaginable. We often enter new territory of knowledge of ourselves during these times.

Much like Stretch man in the movie fantastic 4 (marvel hero), when he learned that stretching himself can deliver some great results if you just try is no different for us. You must be willing to get a little uncomfortable in order to reach that goal that you say you really want to reach.

In the corporate world we always said you have to have stretch goals (goals beyond the original target) because that meant superior growth. We should not set our personal goals with any less vigor. The bonuses when you reach your stretch goals are awesome. You realize that you have changed for the better and learned a lot about what you are truly capable of if you open your mind and believe. We have all heard the adage that a mind that is stretched never goes back to its original form. Dare to be different and try and go beyond where you want to be. When you see that you are close to reaching your original goal, try stretching a little further and you will like the results guaranteed!

For more information, please contact us at contact@coachthenextlevel.com or www.coachthenextlevel.com.