



## turning managers into leaders

### **Merge's Monthly Mega Minute – July 2002**

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*Merge Gupta-Sunderji helps turn managers into leaders. Through engaging keynotes and facilitated workshops, she gives people specific and practical tools to achieve leadership and communication success. Contact her at [www.mergespeaks.com](http://www.mergespeaks.com) or 403-605-4756*

### **Step outside your comfort zone!**

Try signing your name with the hand that you don't normally use for writing. It will no doubt feel uncomfortable, and for most people, the results will leave much to be desired. If you practiced writing with this other hand every day for one month, would you get better? Likely. The initial difficulty would ease over time, until the discomfort was fully gone.

Now consider this: all major changes in world history have occurred when people were no longer comfortable in their circumstances, and made a conscious decision to push beyond the present. In fact, all new learning occurs only when we push ourselves to the limit, when we go one step beyond our comfort zone.

If you find yourself becoming too comfortable in what you do, you have likely ceased to learn, so consciously and consistently, force yourself to take a step outside your comfort zone!