EXPERIENCE A BREAKTHROUGH

"The temptation to quit will always be the greatest right before you're about to succeed." – **Unknown**

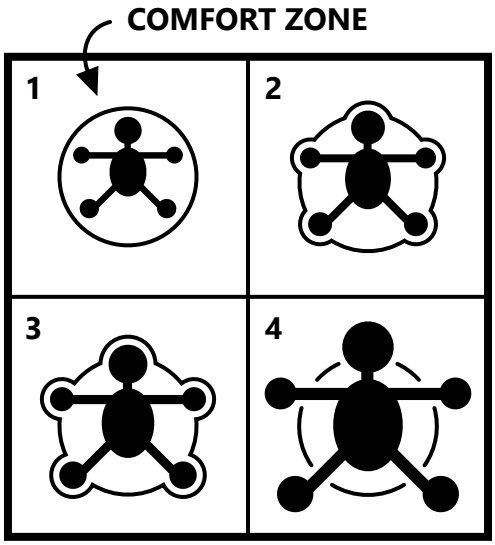
Express It

SPEAK IT

Speak what's below *out loud*, with enthusiasm, certainty, and belief. **Improvise** what you say as *much* as you want (actually, this is preferred). **Visualize** what you say - see it in your head before the words leave your lips. **Brackets** contain instructions that explain something specific to do.

What, Why, and How

- A breakthrough is the moment that you grow as a person *so* much that your previous comfort zone can no longer contain you!
- It's pretty common to feel uncomfortable and frustrated *just* before a breakthrough. This is due to the resistance that comes from pushing against the boundary of your current comfort zone - it's just how it works.
- Even achieving something good isn't always easy, which seems crazy because you think that if it's good, it should also be easy - it isn't.
- You're not the only one who experiences the resistance that comes from growing... the best athletes, teachers, and leaders have all experienced the same thing to achieve goals of significance.
- A breakthrough happens in 4 stages, which are:
    1. **Comfort:** At this stage, you feel good about life, you're relatively comfortable - you're not attempting to move outside of your current comfort zone.
    2. **Growth:** At this stage, you decide you want to become *more* than what you are right now - you have the desire to grow, and you begin the growing process, doing something new or better.
    3. **Resistance:** Eventually, as you continue to grow, you begin to feel massive resistance, which increases the more you attempt to grow beyond your current comfort zone. At this stage, you really begin to feel uncomfortable, and what you hoped was a positive change is ***REALLY*** beginning to feel negative and frustrating!
    4. **BREAKTHROUGH:** With a strong determination to continue to grow, you don't let the pressure and resistance from growing beyond your comfort zone discourage or slow you down. At some point, when you feel so close to giving up, you finally grow to a level where your current comfort zone can no longer contain you, so you 'break through' it. The *instant* you have a breakthrough, you immediately feel the release and exhilaration that comes with it. Then, you begin a Stage 1 again.



- While breakthroughs are rarely easy, each time you have one, the next one is easier to achieve.
- Knowing how a breakthrough works, helps you to understand that the resistance and frustration that you sometimes feel from trying to become a better person or practice a new skill is the result of me pushing against the boundary of your comfort zone - *you expect it and welcome it, because it means that you're close to making an awesome change in your life!*
- Whenever you set out to do something new, better, and awesome, you move forward *knowing* that there eventually comes a point where you feel like giving up, because it seems like the right thing to do. But, **you continue to push with all you have, then push some more**, until you achieve the breakthrough you expect to have!

EXPLAIN IT

- Explain something good you're trying to achieve right now and the specific frustrations you might be experiencing as a result. Knowing what you now know about how breakthroughs work, describe how you will move forward to make your goal a reality.