

PRODUCTIVE DISCOMFORT

A TINY GUIDE



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**CREATING
A CULTURE
OF DIGNITY**

PRODUCTIVE DISCOMFORT

is the awareness that
some discomfort is
necessary in order to
grow and change.





YOUR COMFORT ZONE

is just that, comfy.

It's the emotional zone where you're not stretching yourself or pushing your abilities.

Hanging here is easy. It's also limiting and boring.



Some things in life make us feel uncomfortable because they're opportunities for growth.

That doesn't mean those opportunities are easy



They usually feel terrible and you tend to hate them.



But, some things in life make us feel uncomfortable because they're unsafe.

That's NOT productive discomfort!

**A broken bone
is not productive
discomfort. Go
to the hospital.**



**You get to determine
your boundaries.**

You get to decide if something
feels like a safe stretch or a
stress fracture.



ASK YOURSELF

Why does this situation feel uncomfortable?

Are you freaking out because you feel vulnerable?

Will you be proud of yourself if you try it?

What are you risking if you don't try it?

What are you risking if you do?



**The annoying truth you
already know:**

**Your comfort zone can't
expand if you don't
challenge it.**



Vulnerability can be super scary, but don't let it stop you from trying things.

Start thinking about productive discomfort.



YOU MATTER.

YOUR EMOTIONS MATTER.

OTHER PEOPLE MATTER.

