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## Coach's Corner: Sleep in a tree house

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Last week, I had the great idea to spend the night in a tree house with my eight grandchildren. I knew they would think I was a cool grandmother, and I really wanted to. After all, I told myself, I grew up playing in the woods and in tree houses. Here was the perfect chance to be a kid again.

But, I am getting older, and whenever this sort of "opportunity" appears my old body begins asking nagging little questions about my comfort. Would I be comfortable on the hard floor? Unlikely. Would I sleep? Doubtful. In the end, I ignored the nagging and climbed into the treehouse in my P.J.s with some tall tales to tell the kids.

We had a great time together until it came time to sleep. They slept. I didn't. The granddaughter next to me snored. I wasn't used to the constant cool breeze. I drank too much water and had to climb down the long, precarious ladder with my bad knee in the dark to take care of it. At 4:30 a.m., I was still wide awake for the dawn chorus. I lay there enjoying the sound of the birds, smiling at the sight of my sleeping grandkids and wondering if the crick in my back would soon go away. Any hope of "tree house sleeping" was gone of course, so I snuck off to the house to grab a nap before breakfast, hoping the gang would not notice my absence. But, hey, I survived and would do it again.

I learned that I was used to being comfortable and rather like safety. Of course, you can't be a kid again, but that doesn't mean we should become too attached to comfort. It is in the uncomfortable moments that we learn, grow, and appreciate the world and others in a different and more meaningful way. Some things are more important than comfort, like the special moments with those we love. We don't have to climb Mt. Everest, but we can abandon comfort in smaller ways. Why not start now? Here are some ideas:

- \* Eat at a local restaurant - by yourself
- \* Unplug the TV (or your cell phone, or the Internet) for a week
- \* Use public transportation for a week
- \* Wear an outrageous outfit for a day
- \* Get your news from different sources for a month
- \* Read a book in a genre you don't usually read
- \* Attend services at a religion different from yours

**Coaching Question:** What will be your first step in moving out of your comfort zone? What is the experience and the greater good?

**Coaching Tip:** Seek out small adventures and build up to larger ones.

**Homework:** Make a list of three things you could try that are not comfortable for you - then put them on your calendar and do them.

### Quotes:

*There is no security on earth. Only opportunity.*  
- General Douglas MacArthur

*To be on the alert is to live; to be lulled into security is to die.*  
- Oscar Wilde

*Sharon Pahlka is a life coach and speaker. In her coaching, she helps her clients live well and meaningfully, especially those with chronic health challenges. Sharon's column, Coach's Corner, offers helpful tips from her work.*