

Coach's Corner Sleep in a tree house

By Sharon Pahlka



Last summer, I had the great idea of spending the night in a tree house with my eight grandchildren.

I would be a cool grandmother, and I really wanted to do this. After all, I told myself, I am tough and could be a kid again.

But I am getting older, and whenever this sort of “opportunity” appears, my old body begins nagging me with little questions about my comfort. I ignored these questions and climbed into the tree house in my pajamas 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 several times in the dark with my bad knee.

At 4:30 a.m. I was still wide awake to catch the dawn Tabernacle Bird Choir. Any hope of “tree house sleeping” was gone, of course, so I sneaked off to the house to grab a nap before breakfast, hoping the gang would not notice my absence. But, hey—I survived. And I would do it again.

I learned that I am used to being comfortable, and I rather like safety. Of course, you can't be a kid again. But that doesn't mean we should be 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, such as special moments with those we love. We don't have to climb Mount Everest. We can abandon comfort for growth in smaller ways.

Why not start now? Put on your thinking cap and think about what would be uncomfortable, what would be an adventure, and what would make you a cool person.

Coaching Question: What will be your first step in moving out of your comfort zone?

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.

There is no security on earth.

Only opportunity.

– Gen. Douglas MacArthur

To be on the alert is to live;

to be lulled into security is to die.

– Oscar Wilde