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# Just Jump...

## Out of Your Comfort Zone

I loathe cold water. If entry into ocean water, a pool or even a cool shower is a must, my best bet is to take a deep breath and jump right in. The more I think about it, the less likely I am to do it. Cold water is out of my comfort zone, as are many life situations that, for the most part, I try to avoid.

Every now and again, though, I push myself just a bit, and the result nearly always leads to positive change. The nervous energy and personal growth feed my soul in a fulfilling and healthy way.

Recently, I went way out of my comfort zone with regard to travel. Not only did I travel by plane, which I dread, but I did so without my family — something I hadn't done since my girls were born. I was given an opportunity, however, that I couldn't pass up.

A dear friend and I scored VIP tickets to the MTV Video Music Awards in Los Angeles. I've been watching MTV since it first aired in 1981. I can vividly remember my mother telling me that I was not allowed to watch that inappropriate and unfamiliar trash (and that was when the channel only showed videos). I was just shy of 12 years old.

Now, I suddenly had the chance to immerse myself in this mecca of music and modern day entertainment. How could I say no? Yet, whenever I travel by plane, I become overwrought with anxiety. I probably should take something to help, and I almost did for this trip. But as our departure date approached, I was so preoccupied with our destination that I nearly forgot about my phobia. I took this as a sure sign that attending this once-in-a-lifetime event was, indeed, worth my while.

At the awards show, we met a bunch of our favorite MTV stars, including professional snowboarder Shaun White, and several D-listers. I was just as happy to take selfies with each of them as I would have been with George Clooney. We heard Kanye West's outrageous "run for president" rant, which, by the way, earned him a hearty booing that only we in the live audience could hear. And, whether we liked it or not, we got an eyeful of Miley Cyrus and her crazy outfits and antics.

We were energized by the hype around us, but it was actually the hype within us that made each moment there so valuable. We were seeing and doing things that we'd never done before, and it felt exhilarating. We experienced an Uber ride for the first time, and as hesitant and clueless as we were about it, we left sunny California as Uber's newest fans.

The entire trip left me feeling alive and young again. For a mother of two who doesn't get away nearly enough, this was a transformative experience.

Doing something that is not entirely comfortable is a risk. You leave yourself open to disappointment, and who wants that? If, however, you consider the action and not the outcome, the experience can lead to personal discovery and development that every human being needs in order to flourish.

Risk-taking is not for everyone, but being stuck in the rut of a routine life is not living life to its fullest. Opening up to something new is like taking the first bite of a food you've never tried and realizing it's the most delicious thing you've ever tasted. You'll wonder why you waited so long to try it.

**mvm**

