

## Challenge Yourself

It might come as a surprise, but as soon as a person, group or entity stops pushing its own limits, it gets stuck.

Once you stop setting targets that are out of your comfort zone, you remain in your comfort zone.

When you don't push yourself to get into challenging situations that stretch your tolerance, capability and ability, you will see no improvements.

When something doesn't improve, it fades away. Something can't be maintained "as it is right now". Unless you always add to it or improve it.

There is no middle ground, something either goes up or down. Something either gets better or worse. Even if seemingly something is being maintained on a steady course where nothing is changing, eventually you will see a decline. It's just how it is.

So the conclusion is, challenge yourself. Improvement of ability will only come when you push your limits. If in the gym you only lift 20kg 20 times a week, all the weeks, eventually your progress will slow down. Don't get stuck. Challenge yourself.