

## INTRODUCTION

### **Where's my Couch?**

#### ***Discovering Comfort in Discomfort!***

***Where's my Couch?*** It's an expression to ask, if you are missing something that you are much used to and which is now taken away from you.

**Your Couch!** The moment you settle down on it, there you go ... into a world of comfort. It is difficult to get away from it. You are actively attached to your Couch and your comfort. You love sitting on it, or to sip your Coffee or a Beer. You adore its soothing contentment and relief. There is nothing more relaxing to you than to unwind and experience the joy of living.

*Where's my Couch? For quite some time, you have been securely resting on your Couch. The feeling you experience from those soft and fluffy cushions that have offered you ultimate comfort. Its coziness is delightful. Its relaxed design gives your posture and your mind pleasure and gratification. Imagine your favourite relaxed posture. There you go, once again, into the blissful zones of your ultimate mental comfort.*

To get unsettled now is what your mind or your body may refuse to accept. This is similar to your living. You are satisfied with what and who you are, overlooking the fact that you can be someone else. The journey of life can be much longer; eventful; experiential and blend more variety. To disrupt a settled position, into an uneasy one, may appear difficult for your mind to accept. Your unwillingness, to give up your comfort, has tremendous influence on your decisions.

*Where's my Couch?* It becomes more difficult not to ask this question, repeatedly, when you can't find it around you. Today, your life is at its transit point. Your few setbacks or not attaining your "true level" of what and who you ought to be may be factual, in your situation.

*Are you aware, what may happen when your Couch gets taken away from you?* The paradigms, that guide your thinking, may persuade you to take a deeper look within. You can discover new leads and a stronger urge. You can anticipate higher levels to upscale into; or evolve into better forms. To achieve "*what you ought to be*" may be the key purpose of your life. Successful living is to beat your current levels. It is to consistently groom yourself to enable evolution. It is to inspire your personal growth. It is about your advancement or progress or your moving up.

Living is also your progression into a relevant; deserving and a multi-skilled leader. Your distinction is your value-tag. It must define who you are, which must

display higher value and cannot remain unchanged in a faster and rewarding environment of mega opportunities.

*Where's my Couch?* It is time to seek a different response.

These responses must empower you to visualize different scenarios to help redefine your goals and must encourage you to live out of your Couch. Your apt response to *Where's my Couch?* can offer you with more options and not limit you to the routine.

It should not matter where your Couch is, when you do not find it readily waiting for you. Your pursuit to get yourself, a better Couch, is what matters. Initially, you may experience discomfort, for you are taking the risk of losing some or most of what you have accumulated. It is time to resolve this impasse. You can't be deprived in life, by your inability to get-away from its comforts. Check those bottlenecks preventing you to see beyond your today.

*Take the ostrich approach. They don't bury their head in the sand. They raise their heads high to see more.* You must discover the habit to see farther, even if it means to crane your neck. This will get you going. When you start experiencing more incentives and higher confidence levels, you will stop asking, "*Where's my Couch?*" Your new habits, resulting from giving up your Couch, will drive you forward.

***Discover comfort, in your discomfort.*** This is a great trait. *You cannot be comfortable unless you are uncomfortable.* Beat the habit that detains you to that *same old Couch, which* limits your living. Despite the initial discomfort or challenges of getting away from it, you will discover excitement in your journey.

Worthy living is to empower yourself and to uncover that high-potential person, who resides within you. To live a more optimal life, stop asking this question, *Where's my Couch?* **Instead, ask, "What's next?"**

***Be prepared. Only those who can discover comfort in discomfort and emulate the kite that flies high against the strong wind, can fly their flames high.***