



Growth

or

Comfort?



“Comfort is the Enemy of Success”

“Discomfort is Your Best Friend”

“Comfort is the Killer of Men”

“The Superpower of Being Uncomfortable”



I'm sure you've heard these platitudes; they are probably spamming your feed.

To make matters worse, they might be even accompanied by a *Michael Jordan* reference, the self-development equivalent of Godwin's law.

Most sports metaphors are pretty **silly** when applied to life, especially if we frame them as “*success*” or “*failure*”, “*winning*” or “*losing*”. But this is for another day.

What we argue here is that absolutist pronouncements that leave no room for context are not only simplistic, but fundamentally flawed.



Perhaps the relationship between growth and comfort isn't a binary choice, but rather a **dynamic equilibrium**, one with numerous optimal points that shift across different contexts and moments in time.

A life devoid of growth stagnates, while one without comfort becomes unsustainable.



The pursuit of growth without the promise of eventual comfort is ultimately futile, and periods of comfort can serve as vital springboards for future growth.

Isn't a life of growth and comfort the one worth living?



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