



# MONDAYS

*with Mike*

## Developing our learning attitude

John C. Maxwell, in his book *The Self-Aware Leader*, dedicates a chapter to how we should approach discovery and learning. He shares a quote that really causes us to stop and assess how we approach learning new things:

*The greatest obstacle to discovery isn't ignorance or lack of intelligence. It's the illusion of knowledge.*

He contends that self-aware leaders don't see learning or achievement as a fixed destination. Furthermore, we should continue to exhibit an excitement, a curiosity, and a sense of wonder.

Here are three zones that John believes that we fall into:

The Challenge Zone. "I attempt to do what I haven't done before."

The Comfort Zone. "I do what I already know I can do."

The Coasting Zone. "I don't even do what I've done before."

The critical point in the journey is when we don't have to keep trying new things. Success can lead to accepting comfort, rather than stimulating us to use it as fuel to the next horizon.

Let's avoid the Coasting Zone by using our Comfort Zone to fuel our journey into the Challenge Zone as we encounter life's opportunities!

Let's challenge ourselves this week!