



Navigating unknown terrain such as the mounting decisions brought on by Covid and other current challenges can be exhausting. At times it can feel like the very ground underneath us is moving.

Reactivity to discomfort can make us stuck, knock us off balance, and blind us from looking forward. Required is a shift from being reactive to being responsive. Stress of challenge, surfaced in different forms for different leaders, can hijack our ability to respond. But it doesn't have to. Here are a few tips for how to get comfortable with discomfort to help your business overcome many of today's challenges.

1. **Gain perspective.** Demanding challenges demand attention. Often when in the thick of a struggle it can be difficult to see outside of that situation. And yet, sometimes a fresh perspective is all it takes to see the path forward.
2. **Trust your experience and North Star.** You have made it this far, trust in what has sustained you. A brief pause to reflect can also help you to see your blind spots and reformulate how you might respond in the future. When the present and near future are uncertain, sandwich yourself in your experience and your North Star: your mission, complete with guiding principles.
3. **Notice and keep moving.** What is the nature of your discomfort? Does it offer an overtone of distracting background noise or is it more pointed and come in waves? Can you name it? Anxiety? Fear? Fatigue? Once you can name it, the dynamic becomes more accessible to work with. Failing to name it feeds it. Also notice how you move through discomfort in other lanes of life. Are you systems oriented? Do you tend to process verbally with a confidant? For example, if you are facing a seemingly never ending barrage of decisions that are wearing you down, could you set aside time once every few days or weeks to reflect and move on new decisions? Are there other systems you can simplify to free up attention for more demanding decisions? Or would talking your decisions through with an appropriate support figure help? Noticing *and* taking next steps may build needed momentum.

While a rapidly changing business landscape may add stress to the routine, the good news is that as leaders, there are tools for us to use to respond...and perhaps even realize new opportunities.

Please join us for this interactive class with Jose Caton of [Summit Perspectives](#).

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