

# Becoming comfortable with what is uncomfortable

Here at Summit Ropes, we strive to help people reach their next level of personal growth by becoming comfortable with what is uncomfortable. In other words, we encourage our climbers to motivate personal growth by seeking out discomfort.

Researchers have found that grow in all aspects of life, people have to be willing to place themselves in daunting situations.

In the world of mountaineering, discomfort is found through adventuring to new heights, exploring new routes, or taking on an insurmountable obstacle. But what comes out of the initial discomfort is self-awareness of ones potential. Once that



discomfort has passed, the personal growth can propel you to reach greater heights – with confidence.