



## OnWeGo on New Challenges

**Finding the Full You** Uncovering and nurturing your dormant traits and aptitudes and finding the **Full You** could result from learning a new skill or from volunteering your time to help others; or from something else. Maybe you need a free time activity that's more challenging?



**What is this "Challenge" urge?** For some of us it's always been there since we first climbed a tree as a kid and later went on to survive and prosper in a demanding career. Then as time passes and career goals are achieved we suffer withdrawal pains. We need new goals from another source. We still want to test those natural survival instincts.

For others the urge develops later and differently. It could simply be the way we changed over time, or because we know that in earlier years we made imperfect choices or we held back and played safe. Either way we now want to prove ourselves.

**Is this the basis of Mid Life Crisis?** Yes, and let's be honest about this, we know that over time we do ease off a bit in life. If we dare to admit it, we lose our edge and a bit of testosterone too. So it's quite natural to feel a need to prove ourselves once again.

But maybe it goes a bit deeper than that. After all, our basic motivations begin with survival and we still have our natural "*warrior-hunter-gatherer*" instincts. These may be less active now, but any suggestion that we've *lost it* is certain to seem a threat. **Let this threat go untended and it could become a real crisis!**



**To be taken seriously then?** Too right! It's definitely not something to take lightly or poke fun at. Nor is it something to deny because others may have a problem with it. Take it seriously, think about it carefully and choose the right kind of challenge. Choose well, experience it (you don't understand something until you do it) and you'll probably find it really will **change your life.**

Because when you experience a challenge you tap into a range of traits and aptitudes some dormant, some barely used. You challenge some of your own default behaviours and limiting beliefs that have held you back. **You learn again how to be the "Full you" to undo the limiting behaviours and to be capable of doing things you never thought you could.**

## What Traits and Aptitudes are we talking about?

**Conforming** Have you spent all your life dutifully obeying the rules, politely following protocol and etiquette, being conscientiously guided by the instruction manuals and procedures? Have you ever wondered what you might achieve if you looked beyond the rules. Maybe you'll find something new in yourself if you "broke some rules," did something completely unexpected, or even reckless. Why don't you book that Harley-Davidson Holiday or better still buy one?



**Exploring-Surviving** How do you feel when completely removed from everything that is familiar? Maybe you even have a phobia about strange places, about being lost and having to find your way? It's a behaviour that holds back many people in life. Conversely we know that the survival need and learning about our surroundings is the very thing that stimulates growth in the brain. Maybe a remote trekking holiday, building a compound in the jungle, or an orienteering survival programme would completely change your old fears and behaviour.

**Durability** Do you see yourself giving up on things, not able to persist and cope with physical or mental demands or tedium? Do you feel you lack the determination, tough mindedness, or the physical and mental stamina to see things through? Once again these are self-perceptions form into seemingly rock solid beliefs, but they can be shifted.

Teach yourself new attitudes and beliefs through the experience of a marathon, triathlon, or cycling sportive. Maybe rock climbing is the one?

**Heroism** Many of us stay on the safe side of life's opportunities and this can easily become default behaviour. You begin to believe you lack courage.

Proving to yourself that you're brave and can take a chance, especially a life threatening one, can change your self-perception and your behaviour instantly. Plenty of choices here – abseiling, wing walking, bungee jumping, white water rafting – once done you'll just then want to do it again and again for fun.



**Decisiveness** Are you likely to panic under pressure? Does your thinking freeze when you try and think quickly? Do you trust yourself to handle an emergency situation and to think clearly and calmly? Kayaking, paragliding, scuba diving will each allow you to relearn and reprogram your thinking and turn weaknesses into strengths.

**Gregariousness** Have you spent your life immersed in your business, your processes, tools or technology such that you've become detached from people and you can't inter-act with them?

Team sports such as sailing, rowing or climbing provide that social interaction, develop your team working skills, and forge friendships too. Learning combined with social engagement also happens to regenerate the cognitive system.



**Environment** Do you ever feel trapped, a bit stir-crazy maybe? This urge may just be about breaking out of your routine environment and into the *wild* of the great outdoors. Although simple and easily accessed, the health and cognitive benefits of outdoor exercise is well documented.

Trekking, orienteering, rough swimming, climbing, canoeing or cycling all provide such an opportunity and illustrate the variety of solutions.

**Credibility** You may have done well in your own chosen field, but you can differentiate yourself and boost your reputation by developing a second distinctive strength. Like the motivational speaker who is also a martial artist, or the entrepreneur who pilots hot air balloons. People are often remembered through their dual capability because it somehow proves their worth and so reinforces their credibility.

Adding another string to your bow will increase your personal credibility in your chosen field, whatever you decide that is?

**Self-Esteem** Each time you tackle something new, master it and experience success you like yourself that bit more. As you master more things especially challenging things you like yourself even more.

High self-esteem is arguably the most empowering quality for achieving your aims in life.

**Resourcefulness** We go through life tending to play to our perceived strengths and allowing many of our aptitudes and qualities to decline. It's the simple "*use it or lose it*" rule at work.

Free time pursuits, especially the active and challenging variety will find and restore those unused aptitudes and traits.

We become more resourceful. We can do more things, we feel more capable. We expect to be successful doing things, so we raise our sights and we achieve more.

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