

Everybody wants growth. Very few want the **tension that produces it.**

Tension is not always evidence that something has gone wrong. When it shows up on terms we didn't choose, we escape: we numb it, outrun it, get busy, and call movement progress. But if the tension is revealing something true, escaping it only delays the transformation.

1 TELL YOURSELF THE TRUTH.

Transformation starts with an accurate picture of where you actually are. Not the version that makes you look better or feel better. Familiar language and familiar routines can hide faulty thinking. Truth forces you to look again.

TAKEAWAY · You cannot intentionally change what you refuse to accurately identify.

2 LEARN TO STAY IN PRODUCTIVE TENSION.

Remove the hurdles and you could run the course faster, but it isn't the same race. Some of the things that slow us down aren't stealing the life we're supposed to have. They're shaping it.

TAKEAWAY · Discomfort is not always a stop sign.

3 CREATE STRUCTURE THAT SUSTAINS THE CHANGE.

An insight is not a transformation. Isolation leaves to escape something; solitude leaves in order to return better. Put something in place that makes the better response easier to repeat.

TAKEAWAY · Real change needs a bridge you can keep walking across.

Truth creates tension. Tension can create transformation, but only if you're willing to **stay in the truth long enough to learn from it.**

The tension check.

Pick one tension you've been trying to avoid. Work it through all three steps.

THE TENSION I'VE BEEN AVOIDING

1 TELL YOURSELF THE TRUTH

Describe it in one sentence, **without defending yourself or blaming someone else.**

What am I pretending is working, because I don't want to admit it's not?

2 STAY IN IT LONG ENOUGH TO LEARN

Don't ask "How do I make it disappear?" Ask: **what is it showing me?**

☐ It's a hurdle that's part of the race ☐ It's exposing something I need to change

3 BUILD THE BRIDGE

Decide what you'll do **before** the next time arrives. Pick your structure:

☐ A calendar block ☐ A question I ask myself ☐ A pause before the meeting
☐ A written process

TODAY · THE ONE THING

What is this tension revealing, and what do I need to do about it?

See it clearly. Respond intentionally. **Build the bridge.**

LIFEPULSEINC.COM | @LIFEPULSEINC