

# ENGLISH ESSAY

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A SHIP IS SAFE IN THE  
HARBOUR, BUT THAT  
IS NOT WHAT SHIPS  
ARE BUILT FOR!

## Outline:

### ① Introduction

Thesis statement: Life needs risks to get succeeded. Although comfort zones are easy to adapt and enjoy, but a man is not made to stay at one place. A true success lies in a life full of pains and pangs.

② How a life with risks is better than the life in comfort zone?

③ Individual success in a life out of comfort zone

(a) Ability to cope with fears

(b) Experiencing the variety of life

(c) Personality building with adventurous life

(d) Enhanced ability to survive in tough situations

(e) Better perception of life situations

(f) Challenging the insignificant familial roles.

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④ Societal success in a life out of comfort zone

- Ⓐ Improved interpretation of roles in society
- Ⓑ Avoidance of adjustments issues
- Ⓒ Stepping forward against ill practices of ~~see~~ in society
- Ⓓ Courage to stand for the right cause
- Ⓔ Better society with better life practices.

⑤ Global success in a life out of comfort zone

- Ⓐ Nations succeed when they dare to take risks
- Ⓑ Politically stable world with ability to take risky decisions
- Ⓒ Increasing adaptability in Governance policies
- Ⓓ Economic enhancement in the business world
- Ⓔ Risks bring revolutions in the world
- Ⓕ Introducing a new world order.

⑥ Conclusion

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Life needs risks to get succeeded. Although comfort zones are easy to adapt and enjoy, but a man is not made to stay at one place. A true success lies in a life full of pains and pangs. Although the proverbial crow was very thirsty and had no power to fly anymore, it was his ability to ~~to~~ move out of his comfort zone that led him to gather pebbles and make the water rise to top. He had the choice to sit and ~~was~~ cry over the thirst but he chose to take a little more pain and risk. This led him to quench his thirst and move forward. Same is the case with humans. If they prefer ~~easy~~ to stay in their comfort zone, they can get nothing but the frustration piling up with time. But, if one chooses to take risks by moving out of his comfort zone, he is destined to succeed in his life. This success may be involve a person's ability to improve his personality by coping up with fears and surviving the toughest situations in life. Also, it may be an individual's

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ability to view life with a better perception and enjoy its roller coaster ride. At societal level, the success may involve the courage to challenge the ill practices of a society and stand up against the wrong. On a broader view, a life out of comfort zone impacts the whole world through social, political, economic and governmental sector level improvements at global level. This shows that human life requires risks to reach the success, ~~is~~ <sup>while</sup> ~~not~~ <sup>stepping</sup> ~~staying~~ <sup>out of</sup> in the comfort zone.

While a life in comfort zone makes a person enjoy a leisure and peace but these feelings do not stay for long. One has to return towards reality when this bubble of illusion called comfort zone bursts. The feelings of ~~pace~~ peace turns into frustration. ~~not~~ as the life brings hardships along with it. He cannot ~~restrain~~ himself from the issues in the journey of life. One has to open his eyes as the cat never ~~dis~~ appears while ~~shutting~~ <sup>shutting</sup> them. The illusion has to end. sooner or

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later. While the comfort zone is temporary, another aspect is a ~~per~~ universal reality that is a life with courage to take as well as face risks. A person who is able to endure risky situations, a successful life is easy <sup>for him</sup> to attain. He has the capacity to face the bitter reality of life and deal with it accordingly. He is ready to face the coming challenges when he has the reality check rather than the one who prefers to stay in his comfort zone illusion. That is why, a life with risks is better than the life in comfort zone.

At an individual level, one learns the ability cope with fears when he decides to move out of his comfort zone. He has the ability to look into the eyes of his fearful thoughts. This makes him get rid of the previously unbearable phobias. This can be found in the Behaviorism concept of Psychology where it emphasizes the role of conditioning in shaping behavior. It means that one's fears

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are conditioned with specific stimuli and the approach to take risks changes this conditioning. As a result, the individual develops an ability to cope up with his fears.

Another aspect of a life out of comfort zone is a person's ability to experience the variety of life. It enables him to get a broader view of life. A person within his comfort zone has a restricted view towards his life, where he looks at it in a convergent manner. ~~at~~ On the other hand, moving out of the box makes him adopt a divergent viewpoint. This is expressed in the psychological concept of convergent and divergent thinking in the problem-solving process. It means that the problem-solving process involves different thinking patterns for different results. For a better process, diverse thinking is recommended. This shows that moving out of the comfort zone enables a person to experience

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the variety of life.

Personality building is also a plus point in the context of avoiding comfort zone. It is because when a person takes risks, he experiences new & unexpected situations. This makes his personality prone to any situation being dealt very quite smoothly. It can also be said that a life with adventures is responsible for the development of an enhanced personality. "Maslow's Hierarchy of Needs" explains this process in the context of self-actualization. According to him, a person gets to develop self-actualization when he is ready to face the world without any fear and hesitation. This makes his personality well-developed and unique from others. Therefore, it becomes evident that a life out of comfort zone helps an individual to in his personality building.

Additionally, a life out of the box enables a person to

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Survive in tough situations. This happens because when a person keeps facing hard situation oftenly, it makes him adapt the best solutions for the concerned problems. In other words, repeated experiences of a person help him learn the ability to employ develop expertise of employing right solution in right time. This idea is explained by B.F. Skinner in his trial and error learning method. which involves repeated exposure to a particular problem, that leads one towards the best solution. Repeated errors make the individual to attain a desirable result. Therefore, it can be said that living out of the comfort zone and repeated exposure of tough situations helps a person to survive easily.

Alongwith that, a person out of the comfort zone develops better perception of life situations. As explained e. It happens because tough situations broaden his view point. He learns



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to develop the feelings of gratitude. because he has seen what the life reality of life is. This reality acceptance makes him perceive the affairs of life differently and be thankful for all the blessings given to him. This concept is explained in the Psychoanalytic Theory of Sigmund Freud, where he says opines that the balance between id and super ego is called ego. that means morality in a balanced way. A person with well-developed ego has the ability to practice a better perception of his life experiences. A and this ego development is accelerated by a life out of the comfort zone. That is why, a life out of comfort zone helps to attain a better perception of life situations.

Adding to the above, a person with ability to think out of his comfort zone can challenge the non-essential and insignificant practices in his family life. If he is forced

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to perform any role or witness any oppression by his family, he will be able to speak against it. His ability to survive in risks enables him to raise his voice for himself or anyone else. For example, ~~99%~~ forced marriage ~~99%~~ a survey claims that 99% of tribal marriages are without the consent of boys and girls. If a person has a developed self-esteem, he will raise voice against it whether it happens with him or anyone close to him. The self-esteem concept of 'Maslow's Hierarchy' also develops through bursting the bubble of comfort zone. That is why, it can be said that moving out of one's comfort zone makes him challenge the insignificant familial roles.

At societal level, a person ready to face risks and difficulties is able to interpret societal roles in an improved manner. This is because he develops an enhanced ability to think through repeated exposure of problems. These enhanced thought patterns are

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responsible for better interpretation of roles in society. This concept is explained in Vygotsky's social-cultural theory which says that social and cultural factors influence one's cognitive development. These social and cultural factor may lie in the 'out of comfort zone' category, which as a result, helps in better interpretation of the social roles and practices. Therefore, it becomes evident that life out of comfort zone helps improve the interpretation of roles in society.

Another aspect of societal success involves avoidance of adjustment issues. This happens because of the 'out of comfort zone' life patterns. Continuous practices of variant situations and coping with them makes a person less affected by changes in life. This leads to easy adjustment of such person in any kind of environment or endure any kind of change faced by his

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Surroundings. This can be evident from the Humanistic school of psychology that highlights the potential of a person for a positive change. It means that an individual has ~~an~~ the ability to undergo a positive change and this ability can be polished through stepping out of one's comfort zone.

Therefore, a life out of comfort zone helps avoid adjustment issues.

Speaking out against ill practices of society is another aspect of societal success. This happens when a person has the ability to face hard consequences. A person, prone to risks, is <sup>always</sup> ready to raise his voice against the wrong rituals and practices prevailing in the society. This is because he has lost his fear among the battles of his challenging life. For example, the prevailing honor killing and ~~sa vani~~ etc. practices are not easy to eradicate and are highlighted by only a

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person who thinks out of the box and endures the ability to move out of his comfort zone. This shows that a life out of comfort zone enables a person to step forward against the ill practices of the society.

Additionally, societal success in a life out of comfort zone also involves the courage to stand for the right cause. This is only possible when a person dares to think out of his comfort zone. An individual challenges a society for by standing for a right cause when he has enough strength to endure the expected consequences. Wollstonecraft's ~~A~~ work on "A vindication of the Rights of Woman" can be taken as an example, that is regarded as one of the first works for feminis the start of Feminism movement. Thus, a life out of comfort zone helps to develop a courage to stand for the right cause.

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Along with that, a society gets better when its individuals have better life experiences.

These experiences are possible only without a life out of comfort zone. Individual practices are added up making a society and when they are based on ability to take risky decisions, a better society is the result. ~~at~~ the end. This concept is discussed in the Humanism Theory which says that whole is the sum of its parts. In the same manner, a society is the sum of its individual's practices.

Better the individual practices are, better the society becomes. Therefore, life out of comfort zone makes a better society as a result.

At global level, nations succeed when they dare to take risks. It is because life out of comfort zone makes ~~one~~ persons ready to take risks.

Applying the concept at broader level makes a nation to adopt the courage to take risks. Resultantly, they succeeded

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in an unprecedented manner. For Example, China took a risk in 1979 to bring an economic revolution in the state and that led them to stand in the front line among World Powers. This was possible only because they moved out of their comfort zone and developed the ability to take risks. That is why, it can be claimed that nations prosper when they get ready to take risks.

Also, political sector can also be stabilized when the world gets ready to take risky decisions. This courage comes when the nations come will be ready to come out of their comfort zones. World politics can become stable when it is ready to take risks and get bold steps for a bigger cause. For Example, Organization of Islamic Cooperation (OIC) can stabilize the Israel-Palestine conflict if they are ready to take bold step of putting imposing sanctions on Israel and its allies. If the Arab states are ready to take this risk of

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compromising their ties with Israel and the allies, the rampant political instability in the world can be mitigated. Therefore, it becomes evident that a life out of comfort zone helps the world to become politically stable by taking & risky decisions.

Another, risk taking approach enhances the adaptability in the governance policies of the states. When states learn to move out of their comfort zones and try to endure their risky decisions during policy making process, the chance of adaptability increases as a result. For example, Kerala Model of Development was a total risk with no governmental assistance and the level of implication was ~~total~~ completely local. This was a unique model and completely out of the box approach. But it was succeeded in an unimaginable manner. This shows that life with risks and out of comfort zone increases the adaptability of governance policies.



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Additionally, economy can also be enhanced when the business world gets ready to move out of its comfort zone. ~~and~~ World economy enhances when it is exposed to new risks and new journeys. This is possible when the business world as well as the decision makers dare to take risky decisions. For Example, establishment of European Union (EU) was a very unique and risky decision where the open borders for trade could cause enormous consequences. But the risk was taken and the result was amazingly incredible. therefore this shows that the courage to take risks is the virtue of economic enhancement. Therefore, life out of comfort zone ensures the economic enhancement in business world.

Along with this, risks bring revolutions in the world. This happens because of the courage to face the consequences, that emanates from moving out of the comfort zone. The world is prone to revolutions

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when it gets prone to risks. For example, ~~Russian~~ Industrialization was a complete risk for the world as it was a swift shift from humans to machines. The shift may have become a failure and also the world may have denied this change. But the risk was taken and the result was an industrial revolution. This shows that moving out of the box and taking risks can bring revolutions in the world.

Lastly, taking risks and moving out of comfort zone can bring a new order to the world. Nations, when take risks to prosper in an ~~inst~~ accelerated manner, bring change in the world order. This may seem easy but the courage and the effort are unimaginable. For example, ~~China~~ currently prevailing multipolarity is the result of collective efforts of China, Russia and other states' risky decision to change the unipolarity of United States (US). Although, the ranks are different, these states

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are responsible to introduce a new world order. Thus, ~~life~~ life out of a comfort zone and courage to take risks may be responsible for changing the world power and order.

Summing up the discussion, life needs risks and courage to move out of comfort zone in order to get success. The comfort zone feels easy to handle at first, but this illusion bubble bursts when the pinch of reality hits it. On the other hand, a life full of risks and courage to handle them makes a person succeed at an individual, societal as well as global level. A person develops an enhanced personality with abilities to perceive and experience the world in a different manner. At societal level, he becomes adjustable, courageous and responsible in different roles of society. As a whole, this approach revolutionizing the world in different sectors of the globe. Concluding the debate, life is called successful when it is adventurous comprising of risks, not ~~with~~ standing still enclosed in

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a comfort zone.