

Topic: A ship is safe in an harbour but that is not what ships are built for.

Outline:

1. Introduction

Thesis statement:

Staying in comfort zones is always the safer option instead of facing new horizons. However, destined greatness comes from stepping into the unknown and eventually conquering it. Only when one immerses himself in challenges, can he discover his true purpose.

2. The safety of one's comfort and how challenges take it away

3. The purpose of an individual's life is facing the unknown

a. Challenge being and adventurous inherent nature of man

b. Fear of the unknown keeps a person in comfort zone.

c. Facing challenges throughout childhood to become an adult

d. Discovering one's strengths
with energy challenge

e. Becoming better and stronger
after each new experience

4. How breaking established norms
and looking out for new concepts
may develop a better society

a. Seeking Professions other than
those dubbed successful by society
for newer options at the risk of losing
guaranteed prestige

b. Moving to a new country to settle
there and leaving one's homeland
behind

c. Leaving the financial security
of an unwanted marriage for
a better life despite knowing the
struggles

d. Starting a new business while
not having any previous knowledge
in that field.

5. Incidents from history and how venturing beyond comfort zones yielded great results.

a. Discovery of New lands

b. The invention of the Airplane

c. Conquering Space, the final frontier

d. The invention of weapons and the atomic bomb

e. Under water exploration of the oceans

6. The concept of doing something new

a. Investing in a new technology

b. Working on a new concept

c. Doing a Ph.D in any field.

d. Imposter syndrome keeping a person from doing new jobs

7. Conclusion.

Staying in comfort zones is always the safer option instead of facing new horizons. However, destined greatness comes from stepping into the unknown and eventually conquering it. Only when one immerses himself in challenges, can he discover his true purpose. A mountain climber can attest to the fact that as they begin their ascent from the base camp, the fear of the unknown and the dangers begins to implant itself. The gravity of the safety of the base camp is the greater pull than the gravity of earth could ever be. And yet when one pushes through all that, and continues to climb despite everything, one gets the reward. The reward or purpose in this case is the adrenaline rush of the summit, the majestic view and most importantly, the immense feeling of self achievement. The purpose may not always be clear before hand but it is there.

An individual can discover a lot after putting himself through challenges and facing fears. This may include stepping outside the safe zones established by society or the safety of your home turf or taking on a new opportunity. The past is filled with many incidents where stepping outside of the comfort zone led to many achievements such as discovery of unknown lands and treasures of oceans. This concept of doing something new is present in every sphere and stage of life because it leads to growth and development. And a lot of new possibilities begin to present themselves.

A human being's mind tends to compartmentalize everyday items and events to make sense of life as a survival mechanism as a result of evolution. Similarly, Home equals safe place just as every other thing one has established in such as one's routine, work, friend circle or perhaps

one's city is considered safe on most accounts. Living in these established safe zones breeds redundancy and stagnation. Most things, on home turf, are within one's control, thereby eliminating the fear factor. Many people are of the view that life is actually lived beyond these comfort zones. Everything outside the comfort zone has unknown factors attached to it, a fogged up reality only visible when one crosses over to the other side. This is where the fear of lack of safety comes in because now matters are beyond control and anything can happen. Most challenges are of similar nature and once a challenge is overcome, it becomes a comfort zone for it is no longer "unknown" because ~~you~~ one has now surmounted it. This is where one discovers purpose and greatness.

Man, in his inherent nature, is curious and thus open to challenges and adventure. But the safety of home base overrides the purpose seeking nature of man. The human brain thrives on solving

complex and new problems and even has a mental reward mechanism for it.

Dopamine is a reward/feel good hormone that is released after completing a task or challenge. The greater the challenge, the greater the dopamine rush. Thus, human nature recognizes the necessity of challenges and is drawn towards them.

Fear of the variability of challenges keep a person confined to comfort zones despite feeling naturally drawn to them. Fear is the threshold, that once conquered, opens up a ~~to~~ range of possibilities. Whenever one is set upon to do something new, fear rushes in and ~~paralyse~~ paralyzes him from going forth with the aim of conquering the new horizon and hence it is the first step to conquer before any challenge. Just how Franklin D. Roosevelt said, "The only thing ~~we~~ ^{we} have to fear is fear itself." And so it is fear that keeps people in comfort zones with sense of ~~false~~ false security.

Challenges are a part of one's life as one grows up throughout childhood and even in adulthood. For children everything is new and thus everything is unknown and challenging like the unpredictable oceanic tides. With time and with more "conquests", the sphere of comfort increases. This proves that humans are made to face challenges and difficult circumstances as they continue to face them from ~~at~~ birth till death. Thus challenges are part and parcel of one's life.

With each faced challenge one learns about their own strengths and weaknesses and ultimately finding the purpose of their being. This cannot happen while living in comfort zone as there is nothing to discover there. Each challenge that comes, brings an opportunity of self-discovery and greater benefit. "Each adversity, each failure, every headache carries with it, the seed of ^{greater} ~~greater~~ ^{triumph}" (Napolean Hill) and in this case the greater opportunity is the

discovery of one's strengths. Hence with every challenge one discovers more of his strengths and weaknesses.

With each conquered horizon a person ~~become~~ becomes better and stronger.

New challenges give tools to individuals to prepare themselves for the ones ahead.

This leads to believe that challenges are not offsets in a person's life but part of it as they are opportunities to grow from. Similar to Albert Bandura's social learning theory's explanation that man is conditioned to learn from ^{his} ~~an~~ environment and so by putting oneself in challenging environment, greater lessons can be learned. Thus with each challenge people become better versions of themselves.

Stepping out of comfort zone can also be in the form of choosing a profession outside of socially constructed opinions. Some careers are deemed good by the society and these are merely constructs. Deviating from these

set choices induces fear because of lack of surety of other professions.

But by taking the leap, one can discover their true calling and purpose like Steve Jobs said, "Great work comes from doing what you love. If you haven't found it yet, keep looking. Don't settle."

This means that if one doesn't look beyond careers pre chosen by society they may not find what they love or have a calling for. Thus deviating from societal norms in terms of profession can prove to be beneficial for the individual.

Moving to a new country and leaving one's homeland is daunting. But it presents many opportunities unthought of before. Everything is new and challenging, everything is unknown but the shouldn't be deterrent. Because as Vanier said "Do not fear the unknown. Embrace it, for in its embrace, you may discover the potential of endless possibilities. So leaving home ground to move abroad is tough but it provides greater opportunity.

A marriage, no matter how horrid is still a "comfort zone" in terms of knowing the things that happen and outcomes. Many women, for the fear of finances, do not leave their marriages as future seems to bleak to them. So leaving an unwanted marriage will definitely be a struggle for them because of financial and social issues but they know that they are stuck and would have the ability to live better lives. This is the case of people preferring "the devil you know than the devil you don't" but times and circumstances have proved that alot lies beyond the comfort of familiarity. So consequently leaving an unwanted marriage can prove to be an opportunity despite the struggles

When starting a new business with out prior field knowledge can be a challenge however once one excels, it ^{can} be turned into a great profit. Man can excel in anything he puts his mind to and while he may

be reluctant in trying new opportunities much is to be benefitted from them.

Allah mentions in the Holy Quran "And he will surely get what he endeavored towards." Thus starting a new business can be daunting but still has many opportunities.

When man ventured beyond his land did he discover new ones. Many times, people set off to look for new areas, lands and places despite not being sure of their existence. The "setting out" or "looking for" part is what lead to the world as we know it. Collumbus, in his quest for India, discovered America which then became the land of opportunity for the rest of the people. Similarly other opportunities present themselves if one endeavors towards them.

The invention of an airplane is a great example of setting stepping out of comfort zone to achieve something great. The airplane was a new concept, a manifestation of man's pursuit of flight

The Wright brothers, despite the challenges they faced including the injuries they went through, went ahead with their dream and a novel concept. They conquered those challenges and achieved greatness in the end. Hence Airplane is an embodiment of ~~set~~ stepping away from comfort zone.

Man desires peace and stability but ended up creating weapons such as guns and Atomic ~~no~~ bomb. With advancements in other spheres of life warfare began to advance as well. War is unpredictable and to conquer it, such weapons were made. The Manhattan project was set up during WWII in USA to develop something unknown before the enemy could. The scientists despite being unfamiliar did what they had to and developed it. So the weapons are an invention outside of Man's comfort zone.

stepping out, or rather leaving the comfort of land, man was able to discover what the oceans held. The bounty of food and riches it hides from the land dwellers. Diving into the unknown led humans into this completely different world. The fish became a source of food while other minerals, metals and pearls became opportunities. Hence ocean ~~from~~ proved to be full of opportunities once man endeavoured to leave land.

Investing in a new technology and even inventing it comes with risks. That is because of its novelty. But novel concepts and ideas are the driving force of innovation that humans have benefitted from. The advent of the internet, the creation of electricity and the invention of wheel all brought upon new ideas and opportunities that man has never thought of before. Thus investing in a new technology has its benefits despite unpredictability.

Working on a new concept gives people the space to grow and discover.

There is only so much one can do within the comfort-zone and the realm of the known. If humans hadn't expanded their horizon then none of the things we view as common place would exist.

"Unknown is where we should be headed, unknown is where we should all look toward". The space for growth and development comes from the unknown thus. Working on a new concept gives one the opportunity to expand.

Imposter syndrome oftentimes keeps a person from doing new jobs. New means taking comfort so people do not feel confident enough when taking on a different job. They feel they are not equipped enough to handle it. In US 53% of people involved in work force ^{in 2020} especially in more mentally demanding jobs believed they were not good enough. Thus imposter syndrome comes at play when doing daunting tasks.

Conclusively, comfort zones are the safer and often times preferred option when faced with a challenge but growth and progress stems from conquering new and difficult horizons.

Challenges enable a person to push their boundaries and work for a better life for themselves as well as a better society in general as witness from past events. All it takes is a leap of faith and great treasures lie on the other side of challenges.