

## TRANSCRIPT

Ep 95: Suneera Madhani on Getting Comfortable Being Uncomfortable, Striving for Growth, and Embracing Change

**Suneera Madhani, Intro Clip:** Where do I think that I want to push myself to break through that comfort, because we all know that growth comes when we are uncomfortable. That is 100% fact. And that is 100%, where every single person that is successful shares those things that they had to go through that growth, they had to push their boundaries, they had to take that risk, they had to try it, they had to push themselves. And it happens with consistency as well. So it's not about getting uncomfortable that one time it's about that consistency to say I'm going to put in the work and I'm going to show up because this uncomfot is going to pay off and I have to keep showing up to do it.

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Hi everyone, this is Suneera Madhani and welcome to Wine Down Wednesday at CEO school. This week, I'm going to be talking about getting uncomfortable, and getting comfortable being uncomfortable. I know we've heard this many times and last week's episode with jasmine definitely had me shocked in the best ways, when Jasmine talked about her journey on becoming uncomfortable as an introvert, pushing herself, and that is when her growth really happened. And she's continuing to work on that so that she can show up to be her best self and make the impact that she wants to make. That concept last week has been on my mind literally every single day on getting uncomfortable. Because I thought I was like man, I have really truly gotten uncomfortable. I've pushed myself, I've taken risk, I used to be so risk averse. And look at me, I'm taking risks and doing big things. And I've gotten uncomfortable. But when I did a real analysis of where in my life, there are areas that I have gotten comfortable, I actually found many. And so I wanted to bring this topic to you guys today to help us all really reflect on are we comfortable, and where are we comfortable? That is not good. So there's definitely areas of

being comfortable is a good thing. I'm so comfortable right now, in many areas of my life, and I don't want to change anything, I'm very happy of what I've built of the comfort level that I'm in. And it feels good. And I've worked hard in those areas to get uncomfortable. An example of that would be this podcast speaking, I was always the most uncomfortable speaking, it didn't come natural to me. where it came from is I went to 10 different schools in 12 years of my life, we moved around a ton. I had a serial entrepreneur, dad, we were always in the pursuit of, of the American dream. And it was hard. It was hard growing up and moving. And showing up to a new school every year. I either was the loner kid or I had to get uncomfortable, get out of my introverted personality and make friends. And so for me, I've always had this, I've always been nervous about it, I'm nervous about being judged, because I was I was a kid every year in school. And now, that work took a long time.

And that really translated into and I was able to get uncomfortable and grow through my years. But it was always something I came back to. And naturally, you know, like speaking like speaking didn't come like I it didn't come natural. It took the last seven years of showing up when I was the most uncomfortable I've ever been to go up on a stage, I would literally tremble literally be trembling, I would get really sweaty, I would almost have an anxiety attack every time I had to hop onto a stage. And as my company was getting growing and getting bigger, we had bigger opportunities to be on bigger and bigger stages, I had to get uncomfortable because when I got up on that stage, and I left I came out with another great partnership or an investor or more customers. And so my company needed me to get uncomfortable. And look what a translated into beautiful things, including this show and including this podcast, of being able to show up weekly for you guys. And this wasn't natural, and so many areas of growth that I've had a really, you know, telling my personality and quitting on those labels to say, Oh, I am an air quotes. I'm an introvert or I'm not a great speaker, or I don't like that, to really work on it to get uncomfortable and putting myself in positions that are really difficult to get comfortable. And today I sit here and I feel really comfortable. And those are some really great things. But as I was reflecting this week and just going through like what are areas study that you are comfortable that you're ready for this next what's what's next, what Where are you that you had maybe other dreams and ambitions and they're on pause.

And I want you guys to be thinking about that because there are places that we're all comfortable right now. And some places are good for comfort. Some places are great for comfort, I feel really comfortable in my body and I couldn't be uncomfortable and I could be working out more and I could be eating better on the weekends and doing the things but I'm really happy and I'm I haven't felt that way in so long and I finally come to like an acceptance of like me and it's like such a beautiful place that I don't feel I have to I want to be healthy, but I don't want to be so uncomfortable pushing myself. I'm not an athlete, I don't want to be. Would it be nice if I lost another 10 pounds? Great. Can I be two sizes smaller? Absolutely. But I feel really happy in where I am. And so comfort for me there, I'm happy in my comfort there. But places I'm not happy and my comfort. I'll share it. I'm motherhood, I want a bigger family. I've always wanted a bigger family. I always pictured myself having lots of kids. And work happened. And I was able to have a family. And I'm so thankful for my family and my two girls, but I've always wanted more children. And if I asked myself, I am really comfortable. And I'm afraid I'm

afraid of adding in complexity into a situation right now that's already really complex, it's really difficult. And then getting more uncomfortable, because on is two and a half. And life is finally like sleep is it's been hard. I feel like I haven't slept in the last five years, my kids have never been good sleepers. And then I show up for work and travel and everything else. And it's really difficult. And this is an area that I was, you know, after last week's show, I wrote out I was like, Where am I comfortable? And I'm happy. Where am I uncomfortable? Or where I'm comfortable? But should I should I should I be uncomfortable here? Because that's not that wasn't my plan. And so I don't know what that looks like. But I just wanted to share that with you of there's so many areas of growth and comfort from a work standpoint. You know, where am I uncomfortable? Where am I comfortable, and where I really want to push myself and I reflected on those areas. And there's definitely new tools that I'm excited to learn and where industries are going and how I want to be as an executive and where I need to level up on my leadership.

And so you know, writing those things down of comfort, and analyzing it for myself was just a really reflective exercise. There hasn't actually been I haven't made any action list. This is just top of mind this week. And so I wanted to hop on and share my internal thoughts with all of you guys, for you to be thinking through. Where am I most comfortable? And am I happy in that comfort? And where do I think that I want to push myself to break through that comfort, because we all know that growth comes when we are uncomfortable. That is 100% fact and that is 100%, where every single person that is successful, shares those things that they had to go through that road, they had to push their boundaries, they had to take that risk, they had to try it, they had to push themselves. And it happens with consistency as well. So it's not about getting uncomfortable that one time, right? It's about it's about that consistency to say I'm going to put in the work. And I'm going to show up, because this uncomfot is going to pay off and I have to I have to keep showing up to do it. And so I wanted to share my levels of comfort, and reflect to reflect on the thoughts that I've had that I'm going through right now. And hopefully encourage all of you to think about think about comfort, and to really think about where getting uncomfortable is actually going to help you grow.

Some of the most beautiful things come out of places that were deeply uncomfortable, or were unhappy, or were unfulfilled. And reflecting on those things. If our habits if we do we're comfortable every single day doing what we do with the same habits that we have, we're going to stay in the exact same place, right? And if you are unhappy or you are unfulfilled? And how can you embrace that to make the changes that you need, whether that be in work, whether that be in relationships, whether that be for yourself, and your inner work that needs to happen. We all need to embrace and dig deep to find an ask ourselves, where does that where are we on whatever spectrum and to push ourselves to say how do we actually break through that and we're going to have to get uncomfortable, we're going to have to say no, we're going to have to put ourselves in situations or in whether it's friendships that may not be working out toxicity that's in our life that's occupying space.

But I really encourage us that growth only happens when we are uncomfortable and comfort kills all ambition, all of it, comfort kills it. And so today, I encourage you to do the one thing that scares you just the one thing and I believe that if we make those changes that that are

comfortableness will actually create so much comfort for us and where we want to be. And so that's what I want to leave you with today on today's wine down Wednesday, and hopefully we can all get uncomfortable together and do that one thing that scares us because life begins at the end of our comfort zone. And so cheers to that. And happy Wine Down Wednesday. I'm your host Suneera Madhani getting uncomfortable with you every day. Cheers.

**Shannan Monson:** Thank you so much for listening. We hope you enjoy the show. Follow us at CEO school on Instagram for show notes, inspiration and exclusive behind the scenes that you won't find anywhere else. We also have an absolutely incredible resource for you. It's the seven lessons we learned building million dollar businesses. These are complete game changers and we want to give it to you absolutely free. All you have to do is leave a review of the podcast, why you love the show, screenshot the review and email it to [Hello@ceoschoolpodcast.com](mailto:Hello@ceoschoolpodcast.com) and we'll send it your way.