

ANTIFRAGILE PRINCIPLES EXAMPLES

1. Look for a challenge – get out of your comfort zone

We all love our routines and familiar environments. We feel safe and comfortable when we are together with our family or friends. Once we have found our perfect job, house, or partner, we want this situation to stay forever. We want to enjoy the good life we have worked hard to achieve.

But life does not function in this way. Unexpected events will occur, and you will be forced to respond. You or one of your loved ones might get sick; you could lose your job or crash your car or...

We cannot prevent bad things from happening, regardless of how much we want that to be the case. Millions of things can happen every day. Better be prepared to handle problems.

The exciting thing is that we can not only train our body. We can also train to overcome obstacles and solve problems. How do we do that?

The solution is simple: look for challenges. You can start wherever you want: maybe try something for the first time, like a new and challenging sport or a completely new location for your vacation. Download an app and start learning the language you have wanted to master for so long already. Go to the dance class you have talked about with your partner.

There are endless possibilities. Get out of your comfort zone and take some (measured) risks.

You will soon experience that every challenge makes us stronger. If you fail at something, think about possible reasons, correct your approach and try again. Don't give up.

And the best part: it can also be fun!