

THE 7 COSTS OF COMPLACENCY

Here's what happens when you stop trying and exploring

1 Your soul shrinks into the shadows

Your heart, a firebrand that was once pulsing with possibility, shrinks to a flicker in the draught of 'good enough'.

2 Opportunity whispers, you snooze

While you're busy napping in your comfort zone, the world bursts with chances to expand your experience and leave your mark.

3 The sparks get dampened, the engine sputters

The flame that once fuelled your passions, your curiosity, your "Hell Yeah!" is doused by the grey fog of "Meh".

4 The 'why' gets lost in the shuffle

Your personal purpose is replaced by other people's 'shoulds' and 'supposed tos', so you feel aimless and frustrated.



5 The museum of regret expands

Every untaken leap and every unpainted canvas, adds another dusty exhibit to a museum you never wanted to build.

6 The climb stalls and the view gets old

Stuck on the first rung, the future fades to a mirage. The landscape you could be traversing and the stories you could be writing are replaced with boring routine.

7 The manipulators' playground

When you stop questioning, pushing and owning your narrative, you become a blank canvas for others to paint their agendas on.