

# NESTING is Best Left to the Birds

## (How Remaining in Your Comfort Zone Can Hold You Back)

By Kelli Richards

### Why Humans Nest and Why It Matters



I'm fortunate to count Alan Weiss (aka the Million Dollar Consultant) as one of my mentors. He's an original thinker, and over the many years I've worked with him, he has consistently provided thought provoking insights that have often caused me to pause and reflect. Some of these insights have been more profound than others. One concept that he shared recently has to do with how we humans "nest", and how that can become our undoing. The exact opposite of what many of us would prefer to do which is to seek continuous growth and self-reinvention.

Nesting is when we get too comfortable in our world, and it can thwart growth, learning and taking chances. It's a form of being stuck in our lives. It's not something we choose to do consciously, but it can happen over time and the results can be harmful and insidious. Nesting can take many forms, for example staying at home more of the time by ourselves vs getting out in the world and interacting with others. OR not making a phone call to explore a new job opportunity we're excited about pursuing because that way we won't get rejected; in our minds, it's easier to stay in our known, "safe" job or cocoon. OR staying with a company long after we ever thought we would & instead continuing to just go through the motions. OR not pursuing that hobby that's lit us up for decades because it might disrupt our family's routine.

We nest because it makes us feel safe and protected, we watch others nest in their comfort zones and routines so that's what we do (the "birds of a feather" approach), we become complacent in our daily round, and we do so because sometimes we're afraid to pursue our dreams for fear of unknown consequences. Have you ever known people who have stayed in the towns they grew up in for their whole lives, some of whom have never left? That's a form of nesting.

### The Perils of Nesting for Too Long

The results of nesting are that life can become dull and predictable, we stop growing and exploring, we've lost our ability to hunt, and

we can become paralyzed and deadened inside. Life is more than going through the motions to pay bills. And nests erode over time; nothing stays the same forever even if we think we hold all the cards – the truth is we don't. Things are constantly morphing around us – our jobs, our relationships, our financial circumstances, our health, the economy, & climate change; virtually everything in the world around us is evolving.

Consistently evaluating our mindsets and circumstances is vital to our well-being on all levels. Does our life still work? Do our relationships work? Are we doing work that lights us up? Are we having fun in addition to working hard? Are we learning and growing? Are we being kind to ourselves and others? Are we making a difference in the world? Not doing so can lead to a chronic state of depression and of being stuck. Reinvention is key for us in our own individual evolution – so it's important to pause and assess these and other aspects of our lives on a regular basis, and take steps (however small) to continue to pave the road of our individual journey as only we can, course-correcting as we go. We owe it to ourselves and those who are important in our lives to release self-sabotaging habits, mindsets, behaviors and beliefs that hold us back from our best selves when we play small and stay stuck in our nests for too long.

### Find Your Wings, Burn the Nest and Take the Leap

So how can we move beyond our comfort zone and leave the nest? Beyond the points I've just referenced in terms of self-reflection, you don't have to do it alone. Read uplifting materials, take empowering courses, and surround yourself with people who will both support you and actively challenge you so you can operate on the edge of your own growth and thrive. Be open to the insights and perspectives of those who know you well and be willing to take steps that may seem like a risk as you move towards creating the life you dream about – one step at a time. Once you start reminding yourself of what you're capable of, and get enthusiastic about enhancing your life (personally and professionally), you'll build momentum – and before you know it you'll find your wings and take the leap to leave the nest behind you once and for all.

We're in a "leap" year in 2020, the year of perfect vision is here – so what are you waiting for?

*Kelli Richards, founder and Managing Director of The All Access Group is the exclusive provider of business consulting, mentoring, and strategic connections editorial in Los Altos Hills magazine. For more information, visit [allaccessgroup.com](http://allaccessgroup.com).*

