COMFORT ZONES

Senior / Junior

At SuperCamp students are encouraged and empowered to take the risk of moving out of their comfort zones. We all have a comfort zone that includes the things we feel comfortable with: activities, people, foods, places, and ways of being. Most students tend to want to stay in their comfort zone because it’s easy, familiar, and yes, comfortable. Everything outside may seem too risky, shaky, or dangerous.

Yet, as with anything too comfortable, our comfort zone can become boring and stagnant and if we stay in there long enough we run the risk of getting stuck in a rut. Slowly we peek out and finally venture out of our comfort zone, in spite of our internal voice screaming, Don’t go out there – stay here where it’s comfy! Initially that first step makes us feel weird and shaky, but soon the discomfort subsides and eventually we find that our comfort zone has expanded. By moving out of our comfort zone we have experienced something new, we have learned, we have grown.

Senior

LIVING ABOVE THE LINE

As a foundation for communication and personal interaction, living above the line highlights and puts into practice one of the 8 Keys of Excellence – Ownership: take responsibility for actions. Students learn there are two ways to live: above the line and below the line.

Living above the line is about taking responsibility for our actions. Those who live above the line have greater control – and therefore greater success – because they take ownership for their current situation. They take ownership of their education, of their relationships, and of their attitudes, affecting all areas of their lives.

Living below the line is about laying blame, justifying, denying, and quitting.

“Communication is important: it’s the universal relationship fuel. Communication grows relationships – relationships grow success.”

from Quantum Success: 8 Key Catalysts to Shift Your Energy Into Dynamic Focus – Bobbi DePorter