COMFORT ZONES

We encourage and empower students at SuperCamp to take the risk of moving out of their comfort zones. We all have a comfort zone that includes the people, activities, foods, etc., that we feel most comfortable with. And most of us want to stay there because it’s easy, familiar, and yes, comfortable. Everything outside may seem too risky.

Yet, as with anything too comfortable, our comfort zone can become boring and stagnant. If we want to learn and grow, we need to stop listening to that voice in our head that says Don’t go out there—stay here where it’s comfy! Each time we stop listening to that voice and take a step out of our comfort zone, our comfort zone expands—we have experienced (and most likely enjoyed) something new, and we have learned and grown.

FIMAGE

Fimage is the fear of our image that holds us back from being the person we want to be and doing the things that feel right for us. When we constantly fear that what we say or do, how we dress or how we style our hair will not be “right” in the eyes of our peers, we simply cannot move forward in life—we’re always holding back part of who we are, and we get stuck.

We’re all affected in many ways by fimage: we don’t approach a group of people we don’t know because we’re worried they might not like us . . . we don’t ask a question in class because we’re worried other students might think we’re stupid. We may think logically that of course we can do those things, but fimage says no way!

Fimage often holds us back from doing things we want to do, from being who we really are. But we do have a choice. We can simply choose to let go of fimage and not worry about what others may think. And the more of our fimage that we let go of, the more we’re being ourselves, not someone we think we should be. The more we show who we truly are—to ourselves and to the people around us—the more we learn and grow.

LIVING ABOVE THE LINE

As a foundation for communication and personal interaction, living above the line highlights one of the 8 Keys of Excellence: Ownership—take responsibility for actions. At SuperCamp, students learn there are two ways to live: above the line and below the line.

Living below the line is about laying blame, justifying, denying, and quitting—NOT who we want to be, and not a path to a life of excellence. Living above the line gives us freedom, power and choice. It’s about taking responsibility for our actions. Those who live above the line take responsibility for their education, relationships, and attitudes, affecting all areas of their lives.