

## Wobbles Put You In The Growth Zone



There's a fine balance to finding balance and wobbling is part of the process.

While attempting to balance, if your free foot touches down a whole lot you're not really finding balance as much as preventing yourself from falling. And while fall prevention is important, if you don't allow yourself to wobble a little you actually inhibit your ability to find balance.

Conversely, if you no longer wobble you will also inhibit your ability to keep improving your balance. It's important to safely challenge your body or it will keep doing what it already knows and new skills won't develop.

Engage with the wobbles so your body learns what it needs to do. Pay close attention. What happened? Investigate? How could you adjust? Have fun and play while you learn to cultivate new skills.

Wobbles tell you you're in the Balance Growth Zone so put yourself in the growth zone....where the wobbles are.