

Life Begins at the End of Your Comfort Zone

by Dawn Wiggins, Ed.S.

Hula-hooping. Yup, you read that right. What was your reaction? Did you smile, cringe, furrow your brow in confusion?

Well for some of my friends, hula hooping is a source of joy and confidence. This may sound corny or pointless, but bear with me.

I was hanging out at the Florida Keys Brewing Company's beer garden last month when my friend demonstrated her advanced skill. (Yes, there are hula hoops in the beer garden!) She told me, "I had never done it before, and it turns out I'm a natural!"

As I watched her shimmy



her hips I thought - what an excellent life lesson. How many times have we said "no thank you" to trying new foods, habits, activities or hobbies? One of my besties always tells her kiddos: "the first try is to taste it, the second time is to figure it out, and the third try is to make a decision."

It's so easy to get stuck in our "boring" lives insisting there is nothing to do or that we feel uninspired. To experience joy and inspiration, we have to live! That means, taking chances, keeping it fresh and having a willingness to try new things even if it doesn't work out.

What if the thing you are resisting is really just a fear of failure. Or a false belief that you won't like it? I have

a client who was looking to make new friends by trying new things. After checking out yoga, Latin dance and a new church, she landed on competitive weightlifting. She feels stronger (obvi) but also more confident and empowered. It's been incredible to watch her learn and grow.

If you feel stumped, pick something, anything outside of your comfort zone. The sillier, the better! The point is to explore. The world and yourself There is so much more out there for you and me. And, my bet is you have amazing skills and delicious experiences just waiting for you to find them.

Shoot me an email and tell me what new thing you are going to try this week! dawn@dawnwigginstherapy.com



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Conch Characters



Dave Sheehan carries his wife's purse and gets her a beer. Christy is so lucky! Stop by and see Dave and his watersports businesses at the Marriott and Big Chill.



Actor Djimon Hounsou had breakfast at the Conch House in March!



Thank you to Callum Allison and Lisa Slaydon for all their hard work helping our community!



JC and Toh at the American Legion jam night (every Thursday 6-9 pm). Photo by Video Dave.



Magical figures: Michael Trixx and Coach Jimmy Johnson.



Caitlin Young and Zane Absten lead a coast of amazing talent in CSHS's production of Joseph and the Amazing Technicolor Dreamcoat.

The Mangrove Galley by Sandi Mieszczeni

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.



Sometimes you want something that is easy, tasty, and works great on a boat, so this is the recipe for you. My husband put this together and we enjoyed it. It is a one-pot wonder!



PORK CHOPS AND RICE

- 2 cups instant rice
- 1 10.5 oz can onion soup
- 1 cup water
- 1 Tbsp. butter
- 2-4 thin-to-medium thick pork chops
- Frozen vegetable of your choice (peas, corn, green beans).
- Garlic powder to taste
- Generous sprinkle of Italian Seasonings
- Salt/pepper

In a large sauté pan, add the can of soup and cup of water, pad of butter, and bring to a boil. Stir in rice, reduce heat, and place the pork chops on top of the rice. Sprinkle the seasonings over the chops, spread a single layer of the vegetable on top, and cover.

Cook on medium heat until the rice has soaked up the water and the chops are cooked through. You may have to stir in just a small amount of water if the chops take a little longer to cook.

Simple and delicious!

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