Synopsis
We live in our comfort zones- that’s where its simple, that’s where we feel like we can’t lose, but is that where we change our world? Being a Superhero means going beyond what we think we’re merely capable of, into the realm of the Impossible. If you’re struggling with your Impossible List and are looking for a challenge to help you take the next step, this is it.

Key Points
• When we rest in our comfort zones, we limit what we can accomplish. Transformation comes when we are somewhere new, unfamiliar, and challenging.
• One of Marc’s earlier transformations came during a 40 day detox. He had just sold his first business, and he had to get started on something brand new, or re-find his identity.
• Finding purpose is like tuning a radio, you scan through the frequencies and as you get closer to something that connects with you, suddenly you start to hear static.
• Comfort zone challenges are about identifying the right station- they allow you to scan broader frequencies to find your ideal direction.
• Take a look at your Impossible List- which tasks are in your comfort zone, or outside of it?
  o The tasks in your comfort zone are probably more simple- you might even already be working on them.
  o Other tasks might be more outrageous, and it might make you uncomfortable to even think of accomplishing them. - These are what you need to tune into.
  o For example, Marc knew he wanted to utilize videography, but he hadn’t ever touched a camera. So for a while, he started with simple shots, the basics, and expanded those piece by piece, taking on more ambitious projects, until he felt like he had mastered it.
• The point is- you don’t need to only take ventures that you’re already good at. You have to be willing to try things which you can’t do, and turn them into things you can.
• If you can expand your comfort zone, you can build up the willpower to aim farther than you thought you ever should.
• The 40 day fast that broke Marc out of his comfort zone had some significant rules:
  o No waking up after 7AM
  o No Junk Food
  o Break a Sweat Every Day
  o No TV
  o No Masturbation
  o No Complaining
  o Cold Showers Every Morning
  o Tell the Truth
Be Your Own Hero:
Comfort Zone Challenges

• There were a few other rules on top of those, and it’s unclear what combination really set him free, but after a several day detox from the change, he found himself sleeping better, feeling more energetic, and accomplishing more.
• The goal of these challenges isn’t to live in the extreme at all times, but to figure out what you’re really capable of.
  o The goal, instead, should be to find a balance. If you try telling the truth for everything for 40 days, at the end of that, what ways can you be more honest daily?
  o This will stretch you, and give you new perspective on what things are holding you back, or not serving you.
• Accountability is essential- For instance, Marc’s rule was that if he failed, he had to restart the entire 40 day challenge.
• Real superpowers are possible if you really push your will. Wimhoff, the Ice Man, is the best example of this, but you’ll have to tune in to hear about him.
• The limits of what we’re capable of are mostly in our minds. If people didn’t have the will to change what is, we still wouldn’t have airplanes, telephones, or electricity.

Powerful Quotes

• “We are still individuals and we are still bound by something.” - Marc Angelo Coppola
  [29:30]
• ”Make that move between who you are today, and who you want to be tomorrow. See, I only have one goal in life- to be better than the person I was yesterday.” - Marc Angelo Coppola [50:30]

Weekly Challenge

• What challenge can you set for yourself?
  o Where is the edge of your comfort zone?
  o What line can you push to find a balance between where you are and where you want to be?
• Find a way to keep yourself accountable. Set a rule, and hold yourself to it, and allow anyone to call you out on it.
• **Challenge Suggestions:**
  o Rejection Challenge: Put yourself in a position where somebody can reject you. Speak up to a crush or a beautiful person you see on the street. Pitch some projects or products to people who might not be down. Get comfortable with hearing, “No.”
  o Public Speaking: Find an opportunity to make your voice heard, try to talk to as large a group as you can and spread your ideas.
  o Pick a few of the ideas from Marc’s list and try those out. Track how you feel day by day.