# Daniel Benjaminsson abstract elevator pitch:

When was the last time you truly felt alive? Was it at home watching TV after three hours, going to school like you do every day, or going to the same bar you go to every weekend? Or was it when you stepped out of your comfort zone and took a risk? When you walked up to a stranger and said hi, and suddenly became friends? Was it going on a spontaneus trip, with no idea what might happen? Or taking on a seemingly impossible challenge and then ended up overcoming it?

The human kind, homo sapiens, has survived around 200 000-300 000 years on this earth. One of the main reasons why that has been possible is fear. Fear is an instinct helping us make fast desicions based on minimum risk. In todays society we don’t need fear to survive our everyday life. The problem is that since fear is an instinct it is almost impossible to ignore and therefor we still naturally make decisions based on fear every single day. What if we actively stopped doing that? What if we start saying yes to the things our gut tells us to do? We would give ourselves many more opportunities to find new passions and friends. We would find ourselves in new situations allowing us to grow more and faster than what would ever be possible otherwise. Who knows? Maybe acting is your biggest passion. Maybe the girl sitting next to you on the bus will become your best friend. Maybe the person smiling to you across the street turns out to be the love of your life. There’s only one way to find out.

We regret the things we don’t do, not the things we do. So start seeking discomfort.