

So, what does perturbation mean: Perturbation is a noun, which means anxiety or uneasiness. Think of the word perturbed – when you are perturbed by something, it causes you stress, anxiety, uneasiness. Let’s study how this impacts you...

PERTURBATION - BREAKING BARRIERS:

1. Explain the meaning of perturbation in the context of your self development ?

2. Why is getting out of your comfort zone important?

3. How do you deal with event stress and pressures?

4. How should you look at pressure? What does it do to your development as an emcee?

5. Have you ever experienced going through a pressure situation? Please write down your experience so that you can look at it the next time when a difficult situation presents itself and fight through it with determination...

ACTION STEPS:

1. Review EFC, & write down what you've left undone or been putting off.
2. Do the things you need to do from action step no. 1 to move yourself forward
3. Do something really challenging – like jumping off a mountain (I mean this symbolically – not literally) even though for me – it really was literal
4. Give yourself a pat on the back – you're ALIVE – Live life to the max!
5. Embrace Perturbation