

# Cheat sheet: Follow Your Blisters

## What “Blisters” Really Mean

Blisters show up where there’s **friction, effort, and growth**.

- Discomfort  $\neq$  wrong path
- Friction often signals **learning in progress**
- Growth usually hurts before it pays off

## Why Easy Isn’t Always Better

Comfort can quietly cap your potential.

- If it’s always easy, you’re probably not stretching
- Mastery lives just beyond what feels familiar

## Signs You’re on the Right Track

Look for:

- Mental stretch 
- Skill gaps closing over time 
- Confidence growing *after* discomfort 

 Temporary pain. Long-term payoff.

## Blisters vs. Burnout

Know the difference:

- **Blisters:** Challenging, energizing, meaningful
- **Burnout:** Draining, endless, misaligned

If it hurts **and** teaches, keep going.

## How to Use Blisters Strategically

- Reflect: *What am I learning here?*
- Adjust pace, not direction
- Build recovery time between pushes

## Career Reframe

**Avoiding discomfort = avoiding growth**

**Following blisters = building capability**