



## Would You Dare to have 100 Lunches with 100 Strangers?

Hi folks. Remember how last week we said to think of us as your online mother? Well, young man, tuck in your shirt and sit up straight. We've only really shown our more soft-hearted side. This week, its time to dish out a bit of tough love, and it's all about **breaking out of comfort zones**.

Comfort zones are not inherently bad. We need them. They serve as a place of refuge where we can lower our guard safe. The trouble comes when you never want to venture outside. There lies danger, discomfort, unpredictability, challenges, but also growth. [Just ask Kaley Chu](#).

Kaley moved to Australia from Hong Kong and **for the first 12 years, she was terrified of speaking to white people**. Her solution was to only socialise with others from Hong Kong. Then, a work meeting gone awry convinced her to take a step out of her comfort zone. Then another, and another. [Before she knew it, she had accomplished her goal of having 100 lunches with 100 strangers](#). Kaley now speaks to entire audiences. It's one thing to be forced out - why not take the initiative and force your way out?



*We wanted to include them all, but the picture would be too big.*

"To be passive is to let others decide for you.  
To be assertive is to decide for yourself."

At Leaderonomics, we have a framework called the [Science of Building Leaders](#) that looks at qualities all leaders possess. One very important value is **agency**, or a belief in yourself to direct your life, rather than simply coast along at the mercy of circumstances.

Roshan recently read a book called *The Choice* which chronicles the true story of Edith and her family through the Nazi concentration camps during World War II. Edith faced harrowing conditions, far worse than many of us will ever have to endure. And yet, [in spite of all that, Edith made a choice to survive.](#)

## The Value of Competition

Did you know Leaderonomics has a regular spot on Malaysian radio station BFM? It's been going on for some time, and there are no plans of stopping anytime soon. Our latest episode features our very own co-founder Hui Ming [sharing her thoughts on the various meanings of competition.](#)

We hope you see the common thread running through this week's newsletter. Comfort zones, hard choices, and a competitive spirit. Get out there (figuratively speaking) and *hustle*, folks!



### Exploring The Nature of Competition

Ang Hui Ming; co-founder of Leaderonomics dives deep into the nature of what competition is. [Find out if it is innate or learnt and how to differentiate between healthy and unhealthy competition.](#)

[Listen to the Podcast →](#)

.....