

EXPLORE YOUR ENTHUSIASM

EPISODE 125: YOU ARE GOOD ENOUGH.

Today we're going to talk about the one response I've gotten more than any other in the last 2 weeks.

In episode 123, I talked about my experience, and that of my friends and students, with anxiety, depression, and suicide. That episode has sparked more conversation, emails, and Instagram comments than any episode I've published so far. And 100% of the replies have said "ME TOO" and "Thank you! It's so good to know I'm not alone."

A good percentage of the conversation has revolved around my claim in that episode that you can have a business or be a maker... ANYHOW. You can be broken, jacked up, down in the dumps... and still work on your dream. Yeah, you're not going to look like other people doing it, but that's OK. You don't have to.

In fact, this understanding that your business doesn't need to be like other businesses can relieve some of the pressure, which for some of us, leads to anxiety or depression. One of my Starship Captains told me that they got through their hard time by finally accepting (and believing) that they didn't have to do MORE. They didn't have to do what others were doing. In other words, they were good enough.

So I want to talk more about that today.
You are good enough. Exactly as you are.
People as messed up as you are building businesses.

But this is hard to believe, right? When you look at Instagram or Pinterest, it sure looks like the "successful" people have it figured out and are MUCH more together than we are.

The edited selves we choose to present to the world, both in real life and on social media, give this impression that we have things figured out. And the bigger audience you have, the more you feel pressured to edit. I had several people warn me that any mention of anxiety and depression might impact my business. "You want people to know you're professional!"

So even though I know, through direct experience, that the less I pretend I'm perfect, the better my business does (both in terms of sales and relationships and in how much I enjoy the business)... there are voices who are telling me to pretend to be perfect and shiny.

But I recently heard Glennon Doyle Melton say, "You can be perfect and admired, or real and loved." And love is what I want. Not adoration or admiration, but real relationships and real, not-fake life.

So of course, the people you follow are feeling a lot of pressure to show the perfect and shiny side.

And unlike other critics of Instagram and Pinterest shiny-selves, I don't think there's anything inherently wrong with editing your public self. We've been doing this since the beginning of civilization. Before the internet we were pulling ourselves together to look our best at church,, for holiday or school portraits, and when we have people over to our homes. (Just look at Downton Abbey! All those manners are a version of what we do on Instagram when we show the prettiest picture of the one clean corner of our house!).

As Brene Brown says, you are vulnerable with the people who have EARNED it, you don't need to spill your guts everywhere to be authentic and honest.

The problem isn't with editing our public selves; the problem is with how we, the viewer, process these edited selves. We struggle when we assume the pretty picture, or the pretty family at church, or the pretty holiday postcard is the WHOLE picture. When we let our small, scared selves believe that we are not good enough because we've never sent a holiday postcard (which is my true story). Or when we, as the saying goes, compare our insides to their outsides.

In other words, the problem is that you (and !!) have fallen into the Comparison Trap.

WHENEVER you think that you need to be more like X to make a business you love, or you need to have it more together, or you need to fix yourself first, it's the Comparison Trap.

Because, look, friends - **there is only you**. You as you are, right now. You, with what you know now. You with your fallibility, with your limitations, with your skillz.

Not to get all philosophical on you, but you only have right **now**. None of us is promised tomorrow. We aren't promised mental or physical health, we aren't promised quiet and time and a room of one's own. What I can promise is that you start to move forward, towards the business

and life you want, even in the tiniest way, you'll be closer than yesterday. I can promise that you are more likely to get near your goal, if you start working on it.

I can promise that you'll build skills, you'll build your resilience, and you'll learn SO MUCH about yourself.

And if this sounds a lot like therapy, that's because it is! Business can be the best therapy ever, because you'll come up against all your limits, all your fears, all your crazy beliefs. Of course, it's only therapy if you **encounter** it, if you work through it, if you don't run away from it.

In my conversations with people about this "good enough to move forward" I was thinking: we need to talk about THIS more, about HOW to realize, recognize, and move forward "good enough". And then I remembered The Biz Confidence challenge! In the 6 week challenge that I created last fall, we work through the process of building confidence in your business.

So let's do it again!

This time I'm adding wayyy more to it!

The Challenge will include:

- ★ A challenge post on Instagram every Monday
- ★ Podcast episode about the challenge and WHY I'm asking you to do the hard thing
- ★ Webinar on Thursday where I'll show my own answers to the challenge, and you can ask questions or share your own answers. It'll be like a group masterclass on building confidence in your business, so you can move forward.

If this sounds awesome and you want to join the challenge, go to [Taraswiger.com/bizconfidence](https://taraswiger.com/bizconfidence)

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