

WHAT ARE YOU WAITING FOR?

This worksheet is a companion to Explore Your Enthusiasm episode 128. [Listen to it here.](#)

What are you not doing that you want to do (or that you know you “should” do)?

What is your lack of confidence holding you back from?

Why aren't you doing it?

What are you waiting for?

Do you worry you're not good/talented/big enough?

If so, define “good enough”:

How can you measure “good enough”?

(Ex yarn not bleeding, stitches not ripping)

If your product truly isn't there yet, what can you do to improve it?

Are you waiting to be picked?

By whom or what?

Is it a specific shop or show that would help you feel legitimized?

What do you need to do to get accepted by it?

What will you do in the next week to move forward on applying or pitching it?

Are you waiting until you know something specific?

WHAT exactly?
(list everything)

How can you learn it? What are resources or classes that can help you learn it?

Is it fear?

Fear of what?

What if you don't need to be fearless?

What if you can do it anyhow?

What if you don't have to wait and could just do it, as you are?