

# EXPLORE YOUR ENTHUSIASM

## EPISODE 130: YOU HAVE PERMISSION

Last week, I encouraged you to accept compliments, and boy, was it hard! One of the things I noticed in many challenger's posts (you can see them all here) was doubt about the validity of compliments. There was a lot of discounting compliments as not "real," or the complimenter as not really knowing enough to have a valid compliment. In other words, even when you TRY to accept other people's compliments (and comments about your worthiness and awesomeness)... it's never enough.

**ANOTHER PERSON CAN NEVER GIVE YOU ENOUGH VALIDATION TO MAKE YOU FEEL CONFIDENT IF YOU AREN'T ALREADY.**

Welcome to Explore Your Enthusiasm, episode 130, with me Tara Swiger. We are in the middle of the Biz Confidence Challenge - where I challenge you to do one thing each week that will grow your confidence, both in yourself and in your business. It's not too late to sign up: [taraswiger.com/bizconfidence](https://taraswiger.com/bizconfidence). And if you're listening to this after October 2016, you can still sign up there and you'll be notified the next time it's available!

Today, we're going to talk about the step you can take today, with or without confidence, to move forward in your business: Permission.

But before we get into it, I want to take a minute to thank all of you who checked out Patreon and become supporters of the podcast. Some of the patrons are watching the livestream right now! The Enthusiasm Club members are getting encouraging texts from me every few days, and at the Real Mail level is going to get postcards from me when I'm in the UK next month! To find out more and become a producer on this podcast, go to [Patreon.com/TaraSwiger](https://Patreon.com/TaraSwiger).

"Confidence that is dependent on other people's praise is a lot more vulnerable than confidence built on our own achievements." - Kay & Shipman, [The Confidence Code](#)

So while I want you to keep accepting compliments (*because arguing against your own awesomeness damages your confidence!*), you can't stop there. It's time to build your own confidence, based on your own achievements. We started with this, in week 1, with listing the things you're proud of, but now we're going to take it one step further.

## Take your confidence into your own hands.

Decide that, no matter how you feel, you ARE allowed to do {thing you're a little afraid of}.

Give yourself permission to do the thing you don't have 100% confidence in.

Give yourself permission to do something imperfectly.

You don't have to wait around for someone else to tell you what you're allowed to do. You don't have to wait for someone's approval before you can follow your dreams. You don't need to be certified, ratified, or permitted.

## YOU CAN JUST DECIDE: I'M GOING TO DO THIS.

That's the big secret of people who have successful businesses - they just decided that they would do what it takes, whether they thought they were capable or skilled enough, or not. They decided: *why not me?* And then, they went and did stuff.

The people with amazing businesses, the artists with gallery shows, the makers at the big craft shows, they don't have 100% confidence. They don't always feel good enough. They don't always think they're worthy of getting the big show, the big client, the big press... but they go after it anyhow. They take the actions that will move their business forward... anyhow.

So right now, *today*, I want you to identify one thing you've been putting off or avoiding, because you weren't sure you were {something} enough.

And then, grant yourself permission to do it.

## There are a few things you may need to give yourself permission to do:

### ★ Build your business in a way that's different from what other people are doing.

Once you discover what's working and you start building on it - your path might suddenly look very different from anyone else's, your blogging system might be totally bizarre, your work day might be completely irregular.

Or - maybe it won't. But either way, you need to give yourself permission to do what works best (really!) for you, no matter how unusual it is in comparison.

### ★ Be exactly where you are.

Permission to be exactly where you are. Whether you haven't paid your taxes in five years or

you've been running a business for 10 years without a profit or your book manuscript is half-finished -- you have permission to be exactly where you are.

★ **Take a break from your business.**

If you need to take a break because of a family emergency, a new member of your family, or your own illness, you have permission. If you need help figuring out how exactly to do this and keep your business running, check out my newest class, with Stacey Trock of FreshStitches, at [taraswiger.com/leave](https://taraswiger.com/leave). It just opened and we're going to hold a Q+A with students, and help them plan their own leave, on November 3rd. You can find out more and join us at [taraswiger.com/leave](https://taraswiger.com/leave).

**So what do you need permission to do?**

Identify it then give yourself that permission. If you want to make it official, you can print out the [permission slip](#) - just head to [TaraSwiger.com/podcast130](https://TaraSwiger.com/podcast130) and we'll email it to you right away!

And then, *go do it*.

Share your results (what you've given yourself permission to do, or after you've done it!) with us on Instagram, with the hashtag #BizConfidenceChallenge.