

EXPLORE YOUR ENTHUSIASM

EPISODE 131: YOU HAVE TO TAKE ACTION, EVEN WHEN YOU DON'T FEEL READY.

Today we're going to talk about what's stopping you from taking the action you need to take... and how to do it anyhow.

But before we do, I want to let you know that tomorrow, on a free webinar, I'm going to be sharing my experience with taking a leave in my business - how I took 4 weeks mostly offline this summer as I dealt with a new medication and how I'm going to be mostly offline for 14 days during my upcoming trip to the UK. If you're listening when this is released, you can sign up for that and to hear alllll about how I did it at taraswiger.com/webinar. If you're listening later you can find that webinar as part of my new class with Stacey Trock of FreshStitches: [How to take a break \(without breaking your biz\)](#). It's got a workbook that guides you through everything you need to do to be ready for taking your own leave and an interactive Q+A with Stacey and me where we'll help you develop your own leave - you can find it all at taraswiger.com/leave.

Now, let's talk about the final step in Biz Confidence: DOING the next thing in your biz.

Do it even though you don't feel confident.

I think it's easy to forget, especially when you're just starting out, that there will always be new things to do. New challenges. New areas of your business where you don't feel competent to do this thing with or without the confidence, and doing it anyway will build your readiness to do the next thing.

It's easy to forget and let the thing in front of you become the ONLY thing. It looms large. But I promise, no matter how big it feels now, it's not the only thing. There will be more things. So you gotta do this one and build your confidence! On the flip side, there will never be ONE thing that "makes" (or breaks!) your biz, so the thing in front of you isn't so big that you need to be afraid of it.

3 REASONS PEOPLE DON'T DO THE THING:

1. Too vague or overwhelming.

Break it down. Break it down into the smallest steps possible. Break those down. Break it down into one thing you can do today. And then do it, today. The problem occurs when you make a list and think, I'm overwhelmed by the whole list. So make the list, but remember you only have to do one step today. Who even knows if tomorrow will come?

It's possible you won't even have to do all of the tasks. Often, we overestimate how much we will have to do, so we never get started. But I have seen, time and again, that Map-makers reach their goal long before completing everything they thought they would have to do. But you do **have** to get started!

2. You're waiting for something.

Stop waiting. Just try it.

It's OK if you feel fear; that's not a sign you're doing the wrong thing. It may be a sign that you're doing something really important. (ex, lots of the good stuff in life scare us before we do it: relationships, parenting, etc).

3. You don't really wanna do it.

Often, we get the idea that we **have** to take a particular step because that's what others have done. But you don't. You only have to do what makes sense for the business and life YOU want.

HOW DO YOU DISTINGUISH BETWEEN "WAITING" FEAR AND "ACTUALLY DON'T WANT TO DO IT" FEAR?

1. Look at the big picture. How do you want to spend your life? How much money do you want to make? Does this action fit into that? Does it make sense?
2. Trust your gut. Don't do something if it doesn't feel like the right fit.
3. Know that you'll be fine no matter what.

Hopefully I covered one of the things holding you back. Go, do the thing, and then share it with us online using the hashtag #bizconfidencechallenge.