Do it Scared!

Today, I start with a quote from the book ***Do It Scared*** by Scott Allen. He says, “There are a lot of things we should prepare for, but perfection and being good enough before we start holds us back from doing it in the first place. This belief that before we try it we have to be totally perfect, full of confidence and bursting with courage is one of the biggest lies that keeps us from doing anything scared or not.”

I can't tell you how many times this has been true for me in my life, especially when it comes to business, that I just waited. I was waiting for perfection. I was waiting for all this courage and confidence to flood my system, and then I would take action. And of course, it didn't work that way because we know that confidence and courage most often come on the flip side of taking action.

Today, I want to encourage you to take off your blinders of perfection, of waiting for confidence and courage, take those off because when you take those off you're going to find opportunities that are all around you that you could not see before because you had these blinders. We know that the brain has a negativity bias. Our brain’s is first priority is to keep us safe so it's constantly looking for the negative in an effort to keep us safe. And what that does is it puts blinders or sorts on us that prevents us from clearly seeing the positive. So we have to intentionally look for the positive. We have to intentionally put aside our blinders of perfection and waiting for courage and confidence.

I had this situation happen this week. I'm in a small group of women who've come together and we don't know each other. One of my mentors put this little group together and we've met a couple of times because we are all interested in social justice work. And there was a woman on the call on Monday that I had seen before but I really don't know her, but for whatever reason at the end of that call I thought, you know, I would love to do something with her in business. I would love to just explore something with her. I don't know where that thought came from. I don't know why it came but it did come. I had the thought and then I just put it aside because I didn't have perfect clarity. I didn’t have the confidence to sort of reach out and say hey I don't know why but I have this feeling what do you think.

Three days later, she emailed me and said, you know I was just thinking about you. I don't know where this thought came from but I would love to do a mastermind with you or something like that, what do you think? I wrote back and said, I think that's a great idea! I would love to explore. She modeled for me how to take action with an intuition that bubbled up despite the fact that she didn’t have perfect clarity about what that might mean. And I just love that because how many opportunities do we miss because we don't have it perfectly sorted out or we don’t feel the confidence and the courage to go out and explore it? How many opportunities have we lost because we're waiting for that before we do anything?

A few years back I decided to start saying yes to opportunities. I started saying yes when something came along, even if I wasn't fully prepared, even though I didn't know perfectly what it might mean, even though I didn't feel perfect confidence, courage, and clarity, and I've done that so much in these past few years. I can't tell you the possibilities that have opened for me. This person who reached out to me this week reminded me to keep doing that.

And so I invite you today to take off your blinders of perfection, your blinders of having to wait until the courage and the confidence comes. I want to invite you today to take those blinders off, and to, move ahead to move forward, to say yes to some opportunities. A,s you take those blinders off you're going to see more opportunity available to you. I hope you'll consider not having to be perfect, not having to wait for the courage, the confidence, and even the perfect clarity and see what unfolds for you in your life.