

THE POWER PLAY OF THE WEEK

Shareable action-oriented ideas to help grow your business
and your leadership team.

THE PLAY OF THE WEEK

"I'll do it when I'm more confident."

How often have you heard this—or said it yourself?

The truth is, courage comes before confidence. Taking action despite uncertainty is how you build the confidence you're waiting for.

That inner voice telling you you're not ready? Everyone hears it—CEOs, founders, leaders. The difference? Some take action anyway.

The voice in your head is a coward. It hides, clings to the familiar. The only way to silence it? Take action.

GET ON THE ICE

Here are five questions to help you turn down the volume on that voice:

1. What are three things that the voice in your head tells you that holds you back? Write them down honestly.
2. Pick one of those three things and consider: What if the voice got it mixed up? What if the opposite is actually true?
3. Who is one person in your life that already embodies the trait you want? Study how they show up.
4. How would you show up today if you were that person? How would they walk, talk, and address challenges?
5. What is the smallest first step you could take right now that would silence that voice just a little bit?

QUOTE OF THE WEEK

"Courage is not the absence of fear, but rather the assessment that something else is more important than fear."

— Franklin D. Roosevelt