**YGT episode 131**

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I'm your host. Dr. Kitty litter. On this episode. I want to tackle the topic of starting before you feel ready to start and this is something that I think. Up so much because we like to sit with things until we feel comfortable with moving forward with them, but it might be that we're never going to feel comfortable with the things that we really need to move forward with and this is definitely an episode that is advocating to feel the fear and do it.

Anyway because I think that sometimes we get a little bit hung up and we build things up in our heads and. We just get to a point where we're kind of paralyzed. We don't know how to start we don't want to start and so we just kind of put things off and put things off. But I know that when I kind of cultivate a mindset of starting before I feel ready I end up building a habit.

It's like making a muscle stronger where I'm more willing to jump into something when it doesn't feel comfortable or I'm more willing to jump into something knowing that if might not go exactly the way that I want, but also realizing that. I think about it from kind of a realistic perspective that maybe it's not something that I could ever be fully prepared to do and because of that it's okay to start before I feel ready because there isn't really anything more I could do to get into a place where I would feel more comfortable.

Now, I think this works in part because often were more ready than we think we are and there's kind of a trick that we tell ourselves that we need something more before we can move forward. We trick ourselves into waiting out of fear out of. All kinds of reasons perfectionism. There can be a lot of reasons why we decide not to start something and this is something actually that I came across in Tarot.

Moore's book playing big she calls it hiding and she offers several different kind of strategies that we use for hiding and a couple of them. I actually really appreciate she does talk about perfectionism. The other one she talks about is feeling like you need more education before you can move on.

So I just need to get another degree before I can do something else. She also talks about one that I can also really appreciate and that is when we're not sure of the right order in which to do something and so we just don't do anything at all because we're kind of concerned that we're going to do things out of order or we're going to be kind of making mistakes along the way.

And you know part of what Tara more Advocates and I really want to Echo. This is you have to sweep those things aside and you have to just kind of get started do it anyway and sometimes fumble along a little bit until you get your feet under you and really figure out what you're doing. And I think one of the secrets of people who have gone before us and who are kind of doing these things and looking Really Brave is that at one point they were stumbling along too and they didn't really quite know what they were up to.

And yet they did it and they moved forward. So when I find myself in this situation where I am feeling not quite ready to begin it's often because I feel overwhelmed and I'm not sure how to start. I'm not sure what the steps are. I don't feel like I have enough information. And so I think one kind of strategy to move forward with this is to think.

What is the first smallest step that would move you forward in the situation. And even if that first smallest step is I need to find out more information before I can move on or I need to read a book about this or I need to talk to someone about this. That's okay. That's still a step and even seeking out that information is a way of moving yourself forward and getting started.

I also think it's really important to articulate out loud or to write down what that first step would be or what those first few steps would be I think part of the challenge of starting before you feel ready. Is that often times when we're kind of sitting with this stuff and trying to get more comfortable.

We're just thinking about it. Like we're just letting it swirl around and inside of our brains and get kind of big and ugly and scary. And we're not ever kind of articulating out loud what we think needs to happen. And this is something that actually I come across quite a bit in my coaching relationships is will start to talk about a goal or talk about something that the client wants to do.

And as soon as we start to articulate what it is that would move them forward. It starts to feel easier to them. It starts to feel like a clearer path. And they they have a sense of like what they can do and we start to break it down into small steps so that they can start moving along that pathway.

I also think it can be really helpful to talk to someone who has done the thing you want to do or to read about someone who's done the thing that you want to do so that you start to see what they did and it doesn't mean that you're going to follow along in the same path as what that person did because everyone kind of approaches these things in different ways depending on what it is, but it can give you at least some ideas of do you want to try it that way or do you not want to try it that way?

And why why would you be drawn to a certain method or a certain strategy over another and that can also start to narrow you into a next step forward? I think it also helps you to remember that every thing every project and every person has to start somewhere. It's not like they had you know, all the steps completely laid out for them from the beginning oftentimes.

We're all just kind of trying to figure it out and. Many times I think people want to share their process. They want to give you a little bit of a leg up if they can in terms of helping you to figure something out. But also, you know, if you can't find those models, sometimes you just have to dive in and see how it's going to go.

One of the things that I think is really helpful and helping you start before you feel ready. And again, this comes up so often in my coaching relationships and especially in my writing groups is to create a detailed to-do list. Of everything you think might be involved in the thing that you're trying to do.

And at first this can also feel kind of overwhelming to kind of get it down on paper. But if you remind yourself that it was also in your head all along that you've been kind of thinking and processing about this stuff. Once you write it down, then you can sit with that. So rather than just sit with it swirling around your head you can sit with the to-do list it sitting in front of you.

And it will make the project or whatever it is. You're trying to tackle seem a lot less abstract. You'll have actual items that you could use to move forward and then you can start to maybe put them in some kind of order and say well what would need to happen first are there certain things that need to happen before other things and then you're actually playing with something.

That's a little bit more tangible than just thinking through the thoughts that are going on in your head. I've found that having a detailed to-do list. Even if I'm not quite ready to act on it yet does help me to think through something in a way that makes it feel more real to me and it does bring a certain additional level of comfort when I think about something in those realistic.

Okay, so I also think that when you start before you feel ready and after you've taken that first step, it's really important to celebrate that small step. However small it may be because starting is scary, but it's also really momentous. It's a big deal when you finally take that step and do the first thing that starts you along the pathway to doing that particular project or thing that you want to work on but that is feeling kind of big and scary to you.

Now once you take that first step and you celebrate it try to keep up the momentum and there are so many strategies of doing that from having an accountability buddy to putting something in your calendar to trying to set a deadline for yourself or create a timeline for particular project, but don't forget to do that celebrating part because once you take that first step forward, it's really huge.

So I would also love to hear about how you are starting before you feel ready. What are the things that you're diving into and being Really Brave and courageous about because it takes a lot of those things in order to move these projects forward. You can always email me at contact at kitty litter dot work.

You can tweet to me at Katie double underscore lender. You can Instagram contact me at Katie underscore Linder and now you can write to me addressing it to Katie Linder PO Box 1621 in Albany, Oregon nine seven, three two one. Thanks so much for checking out this episode and I hope this encourages you to go ahead and start something even if you're not quite feeling ready yet.

Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie Linder dot work / podcasts. You've got this is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose learn more about the rst channel at Katie Leonard artwork / podcasts.

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