

Stop Waiting for Permission to Become Who You Already Are

There's a version of self-doubt that doesn't look like failure.

It looks like:

- Being capable but hesitant
- Being prepared but quiet
- Being ready but waiting

In a recent conversation on *The Enduring Mindset Podcast*, Becky Scheusner shared something a lot of people feel but don't say out loud.

She doesn't see herself as a natural leader.

Not because she isn't capable.

Because she doesn't "look like one on paper."

The Problem Isn't Ability

Most people think confidence comes from experience.

But that's not always true.

You can have:

- Knowledge
- Discipline
- Curiosity
- Work ethic

...and still hesitate.

Why?

Because you're waiting for permission.

The Permission Trap

This is the subtle trap.

You wait for:

- Someone to validate you
- Someone to choose you
- Someone to tell you it's your turn

Becky said it plainly:

"I have to have someone tell me I can do something before I do it."

That mindset doesn't look like fear.

It looks like patience.

But it holds people back just the same.

The Truth Most People Miss

No one is coming to give you permission.

And more importantly:

You don't need it.

Becky almost self-selected out of opportunities she was fully capable of handling.

She didn't even realize Brown was an Ivy League school when she applied.

And that might have been the reason she got in.

Why People Stay Stuck

It's not laziness.

It's not lack of discipline.

It's hesitation.

And hesitation comes from:

- Not seeing yourself clearly
- Comparing yourself to others
- Believing leadership has a certain look

So people wait.

They stay quiet.

They hold back.

What Actually Moves You Forward

Becky's path wasn't perfect.

She transitioned out of the military

Went through a divorce

Raised a child on her own

Went back to school

Built a career at Brown

What made the difference wasn't certainty.

It was movement.

She stayed:

- Curious
- Engaged
- Willing to step forward

Confidence Doesn't Come First

This is where people get it wrong.

You don't act because you're confident.

You become confident because you act.

Becky didn't wait until she felt like she belonged.

She moved forward anyway.

Leadership Isn't What You Think

She doesn't walk into a room and command it.

She doesn't fit the stereotypical mold.

But she:

- Connects people
- Builds systems
- Mentors others
- Creates impact

That is leadership.

What This Means for You

If this hits close to home, start here:

1. Stop waiting to be chosen

You don't need permission to act.

2. Challenge your own narrative

What you believe about yourself might be outdated.

3. Move before you feel ready

Readiness is built through action.

4. Speak even when it's uncomfortable

Your perspective matters more than you think.

5. Redefine leadership

It doesn't have to look loud to be effective.

Final Thought

A lot of people don't fail.

They wait.

They wait for the right moment.

The right signal.

The right level of confidence.

And it never comes.

You don't need permission to become who you already are.



Listen to the full episode:

👉 <https://open.spotify.com/show/7fQ5oHIOZe94Jcjj6ytL2h?si=0c4c82fc29c6465f>

If you're a veteran or leader trying to figure out your next move, I share conversations and insights like this every week through The Enduring Mindset Podcast.

Related conversations:

- *Why Veterans Need to Stop Self-Selecting After the Military*
- *What Happens When the Dream Doesn't Go the Way You Planned*
- *You Don't Have to Do This Alone*