

E5: I Want To See You Be Brave

When was the last time you were brave? In this episode, Suzette sheds light on the subtle yet impactful ways Life offers us opportunities to be brave. She gets to the heart of where lack of self trust can come from and your Inner Visionary who must take her place as boss of your life. In true *enough* fashion, her insights are certain to amplify your voice, your value and your vision. This podcast is a must-listen for those you need to take a bold step in their own direction.

About Suzette

Your Relationship Solutionist Suzette Vearnon is the creator and host of Enough Factor Podcast. An extension of her MusicMath[®] Approach for Dating and Relating, the podcast focuses on 3 Critical Factors of Enoughness:

- Your Voice
- Your Value
- Your Vision

To dig deeper in the topics and to provide a safe place for individuals on their enough journey, Suzette formed the Enough Factor Connect group. There, high achieving women can redefine what makes them enough on their own terms.

Every product and service in her suite of offerings carries her IN-Powering message

In this episode, your host Suzette Vearnon explores

- The defense mechanism in women of attending and befriending
- Why integrity with yourself is the true definition of bravery
- In what ways the people who wrote their definition on your blank slate were wrong, even those who meant you no harm.
- What you must do to be brave in a cruel world

Things that made us go hmmm

"In the absence of a strong sense of your own voice, your own value and your own vision, our husbands, our employers, even our children will give us theirs."--**Suzette Vearnon**

"Bosses don't ask permission, they run things."--**Suzette Vearnon**

"Your Inner Critic is not a visionary so she can't lead a purpose-driven life."--**Suzette Vearnon**

"Being brave isn't just rushing into a burning building to save someone, sometimes being brave is speaking your truth even when it's hard...sometimes being brave is betting on you when it would easier to go along to get along."--**Suzette Vearnon**

"That's why you can't judge someone else's bravery. You don't know what it took for them to make the decision they did."--**Suzette Vearnon**

What were your aha moments? We'd love to hear them!

To dive more deeply into today's episode or to get answers to specific questions, join other Enough Warriors at [Enough Factor Connect](#).

Interested in being a guest?

We've made it easy peasy! Click [here](#) and someone from our team will contact you!

Interested in my free audio?

Instantly access "How Dating Mr. Wrong Led Me To Mr. Right" now from my official website, www.suzettesolutions.com/ourpodcast

Thank you for listening!

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