

## **How to Stop Apologising for Your Own Potential**

### **QUESTION:**

Why do I feel guilty or ashamed for wanting to rise higher, shine brighter, or claim my full power?

### **ANSWER:**

Many of us were conditioned to believe that shrinking keeps us safe. Apologising for your potential is a survival tactic learned in environments where being small protected you from envy, criticism, or abandonment. To stop apologising, you must see your potential as your responsibility to nurture and develop, not a crime to feel guilty or ashamed of. Here's how you can do that:

#### **1. Recognise Where the Apology Began**

Ask yourself: **who first taught me it was dangerous to shine?** Often it's those who felt threatened by your light. Their discomfort was proof that your potential was strong and that they weren't ready to witness it.

#### **2. Redefine Humility**

Humility is not pretending you're less than. It's knowing your gifts come with a power that can intimidate people who don't shine the way you shine. You don't have to dim your brilliance to stay humble. True humility is using your potential to create, heal, or inspire, and to practice inclusivity, generosity, and kindness.

### **3. Notice Your Language**

Do you soften achievements with 'it's nothing' or 'I got lucky'? Every self-deprecating statement reinforces the idea that you don't deserve success. Practice owning accomplishments without diminishing them. Replace modesty with a simple "thank you."

### **4. Understand That Playing Small Doesn't Protect You**

Shrinking doesn't shield you from criticism, it only keeps you from opportunities. People may still judge, but their judgment doesn't define your worth. You're entitled to rise up and play at the top of your game *despite* the criticism and judgment that may find you.

### **5. Anchor in Your Why**

Why does your potential matter? Maybe it's to break cycles, to create change, to live fully, to lead others. When your why is stronger than your fear of disapproval, you'll drop the inclination to apologise for achieving it.

### **6. Practice Bold Steps Daily**

Living unapologetically is a practice. Each day, take one small action that honours your potential – share your idea, speak up, accept recognition. Each unapologetic act rewires your determination to reach your unique potential.

#### **Affirmation:**

My potential is not a burden – it is my purpose.

**Journal Prompts:**

1. Who first taught me to fear my potential?
2. How do I currently apologise for my gifts?
3. What is my deeper why for embracing my potential?
4. What does humility mean to me now?
5. What small action can I take today that honours my true capacity?

**Visualisation:**

Imagine your potential as a light within your chest. Every time you apologise, the light dims. Now, see yourself opening your heart and declaring: my survival and safety does not depend on others anymore. I will not shrink to make them comfortable.

The light in your chest expands, it fills the room, spilling beyond the walls. You realise the world is brighter because you dared to shine.

**Conclusion:**

You never needed to apologise for being powerful. Your potential is not arrogance – it's authenticity.

**Final Thought:**

Your light was never meant to be hidden. It was meant to dazzle anyone strong enough to embrace it.