

**If you act like
you have no
choice, people
believe you.**

**8 ways to
show up like
someone who
has options.**





Watch for either/or thinking.

Most things aren't black and white.

Try this

Look for the third choice. It's there.





**Question what
you're told is
'just how it is.'**

That usually means:
"We're afraid to change."

Try this

Ask: Is this the best way, or
just the known way?





Interrupt your own stuck thinking.

Feeling trapped? That's a cue.

Try this

Write down five choices, even if they're bad.





Don't mistake burnout for no options.

Exhaustion lies to you.

Try this

Step back. Options don't show up when you're running on empty.





Notice when you've stopped growing.

Growth slows when your circle
stops stretching you.

Try this

Invite in bigger ideas, or move on.





Say what you need out loud.

Silence feels safe, but it isn't.

Try this

I once told a boss his style didn't work for me. It shifted our whole dynamic.





**“I don’t know how”
is not the end.**

It’s just the start of learning.

Try this

I didn’t know how to build a community. I figured it out.





Act like you have choices, even when you're unsure.

Desperation is easy to spot.
So is confidence.

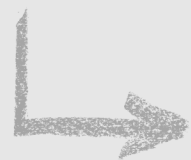
Try this

Show up like you could walk away.
It changes everything.



You're not out of options.

You may be tired.
Scared. Uncertain.
But you are not powerless.



Find this useful?



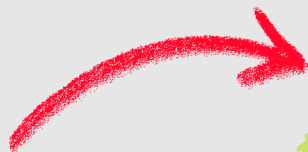
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