



**By: Bron Williams** - is an international speaker helping women in leadership roles write their own stories.

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# I was addicted to anxiety!

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For most of my life, I carried a quiet, almost invisible anxiety that I didn't even recognise. It wasn't the overwhelming kind, just a low hum in the background—a belief that I had to prove myself, earn my place, and work harder for recognition and security. It was so normal that when I finally felt safe, I thought something was wrong.

*And I've come to realise that I've been addicted to anxiety.*

I can see now how this shaped my career, my relationships, and even my financial expectations. I undercharged for my expertise because I was still waiting for permission to take up space. But now? Now I see that I was never meant to live small. I was meant to take up space, to be seen, and to be paid for the value I bring.

After nearly seven decades of living, I know that what I have to say is gold – borne out of the experiences of my life and the wisdom and insight I've gleaned from all I've been through. And I will no longer settle for less than I'm worth.

## **I know I'm not alone.**

Tell me— *what would it take for you to stop?* What would it look like for you to step into your full power? How would you live if you fully believed you were worthy?

Where have you been holding back? And what would it look like for you to live—and earn—as big as you truly are?

Too many of us—especially women—have been conditioned to play small, to shrink, to settle. But what if we didn't? What if we claimed our full worth?

If you've been shrinking yourself—whether in business, relationships, or leadership—have you ever caught yourself doing this? Holding back, doubting your worth?

Tell me— *what would it take for you to stop?* What would it look like for you to step into your full power? How would you live if you fully believed you were worthy?

*Where have you been holding back? And what would it look like for you to live—and earn—as big as you truly are?*

I'd love to hear from you!

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