**Episode #044 Let’s Talk About Excuses**

**It's a solo episode this week fellow daydreamers. Charlie shares some thoughts on the damage that excuses do to our self-esteem and confidence, and how they erode our ability to achieve anything substantial. How many of you feel sabotaged by your excuses, find yourself feeling unhappy, unfulfilled, or stagnate? Charlie talks about looking at the fear of failure and the unknown, those insidious insecurities that are the foundation of the excuses we put into the world. Charlie also shares is appreciation of Mare of Easttown, the brilliance of Jean Smart, the photographer Gelroy Concepcion, and a few other things that have piled up on his desk. You can follow CBP on Instagram @creatingbehavior, and Charlie's NYC acting conservatory, the Maggie Flanigan Studio @maggieflaniganstudio. For written transcripts, Charlie's blog, or to contact him for private coaching, check out** [**https://www.creatingbehaviorpodcast.com**](https://www.creatingbehaviorpodcast.com/)

**Mare of Easttown**

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