



Episode 48 : “I Can’t” or “I Won’t”?

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona has a fascinating conversation with her guest, Indra Rinzler in California, who is an astrologer and spiritual guide. They chat about ways that can help us overcome our challenges, including shyness. What if replacing the idea of “I can’t” with “I won’t” empowers us to create the lives we truly desire?

### **Key messages:**

- Shyness is a choice - recognising it's our unwillingness to change can give us the energy to deal with it and we can start with baby steps
- We can be shy about some things or being in certain situations but not in others
- We have power so we have choice - things may be real but they don't have to be lasting
- If we believe the story then we can't do anything about it

- There's no joy in belittling what we've achieved
- We can't move forward and create our lives when we have judgement about ourselves - it's so much easier when we don't make ourselves wrong for our particular journey

**Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Right Voice for You](#)
- > [Find Indra](#)
- > [Contact Indra](#) for free gifts

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.