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## 2 words that will set you free at work

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To: Mrunmayee <mrunmayeerane09@gmail.com>

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jenny wood.

Hi Mrunmayee,

You're in a meeting, ready to share an idea you've been thinking about.

**But before you open your mouth, the thoughts flood in:**

*What if it's a bad idea?* 🤔

*What if they don't like it?* 😬

*What if I look foolish?* 😊

So, you sit there. You say nothing.

And hours later, someone else shares a similar idea, and everyone loves it.

Cue the regret spiral.

**You let the fear of what "they" might think hold you back.**

I've been there too. When I decided to leave my Google exec role, I had all the same fears:

*What will my team think?*

*What if I fail?*

*Am I making a huge mistake?*

And yet, here's the simple phrase I wish I'd heard earlier: **"Let them."**

Let them think what they think. Let them feel what they feel. While you go do what *you* need to do.

(This phrase is also the title of Mel Robbins' new book — which is pure gold. [You can grab a copy here.](#))

### 👉 The Problem

In your career (and life), the need for others' approval will slow you down.

You'll hold back in meetings.

You'll agonize over every decision.

You'll let someone else's reaction steer your choices.

But here's the thing:

When you're chasing what *they* want, you lose sight of what *you* want.

### 👉 The Big Small Thing

Adopt the "Let Them" mindset.

(Note: This is straight from [Mel Robbin's new book, \*Let Them\*](#). This simple concept has already impacted my life immensely. Highly, *highly* recommend this book.)

#### 1 Let them think your idea isn't great. Share it anyway.

Script: "This might not be fully baked yet, but I'd love to hear what you think..."

#### 2 Let them question your next move. Make it anyway.

Script: "I know this is a big step, but I'm excited about what's next for me."

#### 3 Let them doubt you. Prove yourself over time.

Script: "Thanks for the feedback—I'm confident this approach will work, and I'll share progress soon."

These two words—*let them*—aren't about being reckless.

They're about freeing yourself from the imaginary handcuffs of other people's opinions.

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## 👉 How This Helps You Chase What You Want

Letting go of what others think allows you to:

- ✅ Speak up without overthinking every word.
- ✅ Make bolder career moves without waiting for approval.
- ✅ Trust yourself to chase after what *you* really want.

This concept is at the heart of Mel Robbins' new book ***Let Them***—and it ties perfectly to the “Brutal” and “Selfish” chapters of **my book** releasing in March.

Both remind us of this:

**It's time to permit yourself. No one else ever will.**

So the next time you're holding back because of what someone *might* think, try this:

**Take a deep breath, and say to yourself, “Let them.”**

And then do what you were going to do anyway.

Let's do this,



**P.S. I dare you: Write down *one* bold move you're going to make this year.**

**Then hit “reply” and email it to me. Accountability works, and I'll cheer you on.**



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