



## Giving Yourself Permission

Have you ever felt like you're waiting for someone's permission? Permission to succeed, permission to speak up, permission to want what you want.

Not feeling like you have permission to do, say, be or have what you leads to feelings of unhappiness, frustration, anger, being stuck, or impotence. More specifically, it can look like:

- fear of getting in trouble
- getting angry at or blaming someone else for the situation
- lashing out at people who aren't part of the problem

**This month, we're going to play with a couple of different areas where you can give yourself permission: asking for what you want, and being what/who you want to be.**

If you can, give yourself time to let ideas marinate in response to the following prompts. If you feel stuck, just write something down without trying to get it "right". You can always come back and tweak your responses.

### Permission to ask for what you want

Giving yourself permission to be yourself, express yourself, and ask for what you want is incredibly empowering. It allows you to be yourself and to show up more fully in your life. It gives the possibility of deeper connection and more authentic relationships, include with yourself. It's how you show up in your power.

Let's get started.

*An area in my life (a relationship, something with your business, etc.) where I feel stuck or discontent:*

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*Getting specific related to what I wrote above, one particular type of interaction, task, etc. that really bothers me:*

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Before proceeding, give yourself permission to *want* what you want, and to *know* what you want, as follows.

**Do the heart pose and say aloud:**

*I give myself permission to know what I want, and to want what I want.*

If that feels too big, start with:

*What if it's possible that it's safe and okay to know what I want and to want what I want.*

If you want to take it a step further, stand in front of the mirror, do the Power Pose, and look yourself in the eye as you say it.

*What I really want from this person or situation:*

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*What I notice in my body when I think of this is:*

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*My fears, worries, and worst-case scenario about this include:*

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*Childhood memories and patterns connected to this include:*

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*The best-case scenario is:*

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*This would/will be great because:*

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Really take that in for a moment. Breathe it in. Feel it in your body as though it's already true.

*I give myself permission to ask for what I want and to be \_\_\_\_\_  
as I do it. (scared, nervous, awkward... maybe your stretch word from last month)  
I give myself permission to simply do my best.*

## **Permission to be/do/have/feel what you want**

What do you want to become? What do you want to do and have that you haven't already done or received? How do you want to stretch?

*I give myself permission to be:*

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*I give myself permission to (do):*

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*I give myself permission to have:*

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*I give myself permission to feel:*

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*What might be possible for me if I'm at peace with all of this?*

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