

I Give Myself Permission

SUGGESTION:

Print off this list, cut each item into strips (like fortunes in fortune cookies) and place them in a bowl. Each morning, pull one out and read it out-loud. Give yourself permission to expand your day - one permission at a time!

I give myself permission to be who God created me to be. The one and only, unique me ... just the way that I am.

I give myself permission to embrace my strengths AND weaknesses.

I give myself permission to recognize I am as important, and as interesting of a person, as anyone else in the world – I am unique and a precious part of life.

I give myself permission to feel warm and happy, kind and loving toward myself.

I give myself permission to recognize that I am no better or worse, or more or less important, than anyone else in the entire world.

I give myself permission to be different and to make mistakes.

I give myself permission to take the time and effort to fulfill *my own* needs.

I give myself permission to be happy and free – to follow the 'song' in my heart and to be successful in doing what I do best.

I give myself permission to be open and kind, loving and lovable – compassionate and helpful.

I give myself permission to be curious, keenly sensitive and aware – radiantly healthy and energetic.

I give myself permission to allow my mind to wander in periodic day dreaming and/or "rabbit trails" of nothingness.

I give myself permission to "goof off," and to kill time in order to 'process' my feelings, thoughts and emotions.

I give myself permission to know and understand that "unacceptable" thoughts, images, desires and experiences happen.

I give myself permission to allow others to make mistakes, to be "wrong" – to be ignorant, to be "screwed-up."

I give myself permission to act spontaneously, to resist, to change my mind, to take the time that I need to process or gather my thoughts.

I give myself permission to be emotional – to love, to cry, to be angry, to feel, to laugh and to moan if I need to.

I give myself permission to drop all masks and images – to not fulfill other's expectations and images of me.

I give myself permission to *fail and to learn from it*.

I give myself permission to be loyal, courageous, and **exceptional** – in both my person and my work.

I give myself permission to be intuitive and to follow my own "knowing", or gut instinct.

I give myself permission to distance myself from people who desire to harm me emotionally, mentally, or physically... even if they are family.

I give myself permission to receive love, wealth, health and all good things without guilt, fear or shame.

I give myself permission to take breaks.

I give myself permission to be lazy on Sundays: to sleep in and wear pajamas all day.

I give myself permission to take good care of myself.

I give myself permission to laugh.

I give myself permission to play.

I give myself permission to make mistakes.

I give myself permission to say "no" to demands on my time that are simply draining.

I give myself permission to remove toxic people from my life.

I give myself permission to say "yes" to what I want.

I give myself permission to go on adventures.

I give myself permission to step out of my comfort zone.

I give myself permission to fulfill my lifelong dreams.

I give myself permission to ask for what I want.

I give myself permission to be who I am.

I give myself permission to try again.

I give myself permission to have fun.

I give myself permission to give myself what I need.

I give myself permission to design my own life.

I give myself permission to ignore naysayers.

I give myself permission to listen to my gut when it tries to tell me that something isn't right.

I give myself permission to stay focused on what's important to me.

I give myself permission to let go of the expectations of others.

I give myself permission to have my own agenda.

I give myself permission to be whatever body shape I like.

I give myself permission to be imperfect.

I give myself permission to ask for help.

I give myself permission to stop caring what others think of me.

I give myself permission to write a lousy first draft.

I give myself permission to move on.

I give myself permission to pivot – if I don't like the direction I'm moving in, I can shift direction.

I give myself permission to start over.

I give myself permission to create—paint, play an instrument, compose songs, knit, and so on.

I give myself permission to start a business.

I give myself permission to make more money.

I give myself permission to validate myself.

I give myself permission to be a beginner, and be comfortable with not knowing, when I'm learning something new.

I give myself permission to grow.

I give myself to be happy.

I give myself permission to smile a lot.

I give myself permission to succeed.

I give myself permission to eat anything I want, in moderation.

I give myself permission to start now, even if I don't have all of my ducks in a row.

I give myself permission to act boldly.

I give myself permission to forgive myself for the times I haven't acted in the best way I could have, for the times I've let opportunities slip by, and for the times I haven't stood up for myself.

I give myself permission to release the past.

I give myself permission to be OK with where I am now.

I give myself permission to be a hero on a journey.