

Isn't It Time to Give Yourself Permission?

Remember back in school days when you needed a permission slip to do almost anything outside of the classroom? Things like simply being able to visit the washroom, attend a sports meeting or going on a field trip? As adults we don't need someone to give us a permission slip. We already have a whole supply at our disposal.

Now the trick here is to remember to use them.

Sounds simple right? Well, I have to tell you it's not always that simple. Actually I'm quite sure most of you haven't even thought about giving yourself permission to do much of anything lately, let alone permission to have some fun. Am I right?

Remember that there are some old beliefs that probably crop up when you are tempted to give yourself permission to do something, change something about yourself or ask for something.

Here's a list of some of those beliefs that show up and cause us to deny ourselves permission:

- What will people think?
- I'm sure I can't afford to do that
- I don't really deserve this
- I'm afraid
- I'll be considered selfish
- What if I fail?
- What if I'm successful?
- That's way outside my comfort zone

Let me share with you an example from my own life experience.

About 8 months ago I was attending a women's networking seminar and while I was there, I met up with Carol, a Personal Fitness Trainer. She was so interesting to chat with and I was really enjoying our conversation until she suggested that I come out to the gym and experience working out.

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Oh boy, that was definitely something I never gave myself permission to do. Actually, that was one area that I was way out of my comfort zone because physical fitness has always been a big challenge for me. I just knew that I would feel uncomfortable working out in a gym.

But I have to tell you, I decided to put myself out there and took her up on her offer. And after three weeks of consistent training, I started to feel very

comfortable. In fact, I felt extremely comfortable, energetic and especially proud of myself. It was great!

Now after 8 months of working out I am really seeing the benefits and am so happy that I took the chance and gave myself permission to step outside my comfort zone.

Here are some permission slip ideas you might want to incorporate into your own life:

- **Permission to do something that pleases YOU.** (Yes, that's right, something that pleases you, how wicked!)
- **Permission to say no.** (Not always easy to do but WOW, the benefits are tremendous.)
- **Permission to take an occasional day off from whatever it is you do.** (And remember, stop checking those emails)
- **Permission to check your emails.** (ok, ok, I'm guilty of this one too)
- **Permission to become that fearless person you have always wanted to be.** (This is BIG but so worth developing)

So the moral of this information is that YOU are the only one who can sign your own permission slips.

What will they be? Will you give yourself permission to have some fun days, take a day off and enjoy it with a

friend, give yourself permission to have a day with no interruptions, a day to kick back and just read?

All of these are possible, you just need to develop the skill and use it!



**About the
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Lois Galloway is a Business and Personal Development Coach who works with business owners, business teams

and individuals who want to excel at what they do and propel themselves forward in their lives. She presents workshops and teleclasses and has authored several motivational e-books and articles that have been published online.

Lois supports her clients by drawing on a wealth of experience and expertise that includes being a successful entrepreneur, caring for her special needs daughter, surviving a difficult divorce, remarriage and the loss of both parents.

She is a member of the International Coaching Federation (ICF), International Association of Coaches (IAC), Coach University and the CoachVille Community and is actively involved in local volunteer work.

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