



## 20 "Permits" You Deserve!

I am under the impression that most people do not allow themselves these simple principles. I know that until recently, I didn't either. I think it's very important to shed some light on 20 permits that you need to allow in your life. Let go of the idea that you're being selfish. Think of it as being self-ish! Many of these permits are familiar, but being an adult and the responsibilities that go along with that move in and take over our common sense! Take a few minutes to go through this list. How many of these do you give yourself permission for on a regular basis? Take away your inner critic's power!

### GIVE YOURSELF PERMISSION TO:

#### 1. *Let go of obligations*

Sometimes you continue to do things just because you've always done them. Take time out to reassess your life. What are you doing that you don't want to be doing? Are there certain tasks you no longer enjoy, or certain people that you have nothing in common with? Give yourself permission to let go of things that you aren't passionate about any more and let someone else have a chance to take them over.

#### 2. *Say No*

You don't need to say yes to everything that comes along. When you say yes to everything, you're saying that nothing is important; nothing is a priority. If you're struggling with this think, "every yes I tell everyone else, is a no I have to tell myself and my family."

#### 3. *Change your mind*

Sometimes circumstances change, impressions change, and people change. You're allowed to change your mind, and sometimes it is necessary that you assert this. I change my mind all the time, usually because I decide to follow my intuition that something isn't right.

4. *Reassess your wants, needs, dreams and goals every once in a while*

Because you are constantly growing and changing as a human being, it is important to take a look at your life and your dreams every once in a while, just to make sure you're on the right track. Your dreams are probably not the same as when you were 15 years old because things have changed. Unless where you are now is exactly where you thought you would be when you were 15, it is time to reassess. This doesn't mean you failed, it means that you have changed, grown and expanded your vision.

5. *Question others*

Listen to your intuition when it comes to other people. Even people you love might try to manipulate you under the cover of being pragmatic. If someone has said or done something that leaves you feeling uneasy, give yourself permission to call them on it. This is your life – don't let someone stop you or make you feel guilty for living *your* life *your* way.

6. *Have your own opinion*

Give yourself permission to form your own opinions, rather than blindly following your leader/mentor/coach/(government) etc...Overall, they are trying to help the best way they know how, but this is not always the right way for you. Again, listen to that intuition and follow it because you know your truth best.

7. *Take time off*

You don't have to be busy every second of everyday. Give yourself permission to take a break and just do nothing once in a while. Take a day off work to sleep in, have coffee with a friend, and read a good book. You'll be recharged, more focused, more productive and more efficient!

8. *Make mistakes*

It's okay to make mistakes. Learning is growing, and you can't learn if you're perfect. How boring would life be if you were absolutely perfect, not to mention how inadequate you would make everyone else around you feel. It's okay to stumble a little bit – life's about learning!

*9. Sleep in*

Once in a while allow yourself this luxury. It's something small that will make a big difference in your quality of life. Pick a Saturday or Sunday and give yourself the option of sleeping in. Getting up on your own schedule, without the alarm clock, allows the day to unfold on your schedule. Give yourself permission to sleep in, most of us don't get enough anyway!

*10. Let "it" go*

In some situations, the best thing to do is to let "it" go. You cannot control external circumstances and you cannot do anything about the past or the future, so let whatever is bothering you go. Release it to the realm of a higher power and know that "it" will get taken care of without you obsessing over "it." My personal rule is that I am allowed to complain about something once, just to get it out, and then I HAVE to stop. This is the only time I ever permit myself to complain. Give yourself permission to let whatever "it" is go.

*11. Have "me" time*

You're probably so busy thinking about what everyone else wants and needs that you forget to take care of your own wants and needs. This "permit" is a very important key to leading a balanced, happy life because if you don't do it, you're in for a surprise down the road in the form of burn-out, depression and mid-life crises. Doing something just for you will allow you to give so much more to those around you.

*12. Feel grateful for what you do have*

Instead of feeling sorry for yourself and focusing on what you don't have, focus on what you do and that which you are thankful for. This doesn't mean you are settling, it means that you appreciate everything you do have. It is very important to be thankful for the great life you already have if you're going to continue to acquire more greatness. By the Law of Attraction, like attracts like, so be grateful.

### *13. Succeed*

Sometimes it's not the fear of failure that gets us, it's the fear of succeeding. I struggled with that at one point in my life until I gave myself permission to do well! When you start to feel stressed, fearful, or even apathetic about something, take note of why. Is it possible you're self sabotaging your success? Give yourself permission to kick that inner critic out and reap the rewards of success!

### *14. Dream BIG*

It is okay to have big dreams for your life. These big goals will make you stretch and grow so even if you don't reach your original goal, you will have grown beyond what you otherwise would have without it! Give yourself permission not to listen to other people's advice that you *should* be reasonable or realistic—Dream BIG anyway.

### *15. Celebrate the "small" stuff*

It is as important to celebrate every small success, as it is to celebrate every big one (even if it's just a "WooHoo" or a chance to dance around the room to your favorite song). Life is full of small successes and if you're not celebrating them, you're missing chances to be grateful for what you already have. Success is success, so treat it with the respect it deserves!

### *16. Feel really good about yourself*

For some reason, society doesn't like it when we feel good about ourselves. It is seen as bragging, boasting, or being arrogant. This is not the case! If you feel really good about something you've accomplished, give yourself permission to enjoy it. Don't let others' jealousy or pettiness get in the way of your good feelings. Remember you're a great person with lots to share, and a lot to be grateful for. Feel good about that.

### *17. Feel emotions (even anger and fear)*

You were probably taught as a child that showing emotion demonstrates weakness. Fear, anger and sadness are not nice emotions, and so you *should* push them down into denial. BUT this will make you feel worse in the long run. Give yourself permission to be afraid, angry, sad, happy, or

whatever you are feeling at the moment. Fighting any emotion will only prolong it and make it worse, so feel it and let it go.

### *18. Cry*

Like negative emotions, attempting not to cry only makes it worse! Crying is not a sign of weakness or vulnerability. It demonstrates your human, you have feelings, and you care. Give yourself permission to cry if you need to, release the emotion and you'll feel better.

### *19. Forgive*

“Holding anger & resentment towards another is like drinking poison and expecting it to kill your enemy.” Remember that quote when you are tempted to hang on to anger and resentment. Forgiveness is a process for your, not for the other person. Give yourself permission to feel the emotions and then let them go.

### *20. Reward yourself*

When you are in the process of designing your life plan, mark the milestones and how you will reward yourself. It doesn't have to be extravagant, but it's a while to celebrate your growth and accomplishments.

*Kimberly Englot is an Authentic Life coach, the founder of Authentic Self  
and the creator of the Life Cleanse Mastermind.*

*Kimberly's passion is to work with women who are ready to identify and eliminate their  
resistance to living greatly. She teaches women to listen to their intuitions, cast out self  
doubt and have the courage to be authentic. An advocate of life long learning and personal  
growth, Kimberly's personal philosophy is “Be True to yourself: Be Authentic!” For more  
information and a copy of the Authentic Life Checklist,  
go to her website [www.kimberlyenglot.com](http://www.kimberlyenglot.com).*