

February 2010

**“I Give Myself Permission to . . .”
A Valentine's Gift**

When I ask class participants, "If you could give yourself permission to do or be anything, what would you request?", it catches them off guard. There's usually an extended pause while they consider the possibility. Answers start to trickle out and then gain momentum as they consider possibilities and share answers like:

- to go home on time today
- to take a day off and not feel guilty about it
- to dream about what I really want
- to work in a job that I absolutely love
- to be healthy
- to work on an interesting project for an hour without being interrupted
- to delete all my emails (and not have any consequences)!
- to let go of worry and fear
- to have more fun



Within a few minutes, we're all laughing, and the energy in the room is a lot lighter. How about you? What would you ask for if you could give yourself permission to do or be ANYTHING?

While you're feeling good, now ask yourself, "What's one small step I could take right now to move me closer to that?" What are you willing and able to do right now?

There are some fascinating research results in neuroscience and cell biology that explain why these practices are important for our health, well-being, and productivity, but I'll save the details for another article. For now, just give it a try and see what happens.

In my classes, what many people discover is that they've been waiting for someone else (e.g. boss, spouse) to give them permission to live the life they want. No one can do that for you. When you learn that it's only you that needs to give yourself permission, you free up a lot of energy to create what you really want. So, give yourself a gift this Valentine's Day.

Click [here](#) to print a blank permission slip to complete. Guess what? You're not limited to just one. Fill out as many as your heart desires! And, pass them on to coworkers and share your ideas. I'd also love to hear from you about what you're giving yourself permission to do or be.

Live well,
Christine
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