**Getting to know yourself: Giving Yourself Permission**

This exercise will help you to take the first steps to give yourself permission to live the life that you want and make a personal commitment to yourself to do you best to make that life a reality.

**Personal life**

List 10 things in your personal life you would like to give yourself permission to do. (Examples could be - permission to : be excited about a holiday, catch up with friends, laugh, feel your emotions, connect with old friends, spend time planning outfits or new recipes, read a book every week, watch a film with a friend each month, get back in shape, get out of debt, talk to a friend about your struggles etc)

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**Creative/ Professional Life**

List 10 things in your creative life you would like to give yourself permission to do. (Examples could be - permission to: - reach out to the clients you want to work with, to not be perfect, to try and fail, to not try and control all aspects of the process, to spend time creatively, to delegate and put trust in others, to put your business out there even if you feel that not everything is finished, to charge more, to be successful, to believe in your work, to try something new, to be patient and accept it will take time and to enjoy the journey, to appreciate your achievements, to accept progress not perfection, to try your best, to know that you have done enough, believe that you are enough and your best is enough)

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**Declarations of permission**

For the 20 things you listed in the previous questions, make a declaration of permission for each of the points for example:

I…………………give myself permission to follow my creative dreams and start my new business

I………………..give myself permission to be successful

I……………………… give myself permission to put my creative work out there even if I feel that its not perfect

I…………….. give myself permission to be enjoy my work

I……………………. give myself permission to try even if it means risking failure

I…………….give myself permission to earn money for my creative work

I…………………………….give myself permission to do less than my best and keep some energy for myself

I………………….give myself permission to believe in myself

I………………………..give myself permission to take a chance and try a new direction with my creative work

I………………… give myself permission to not be perfect and try to control all outcomes

I………………… give myself permission to believe that I am enough and my best is enough

**Commitment statement**

You have given yourself permission, but now the final and probably most important thing when following through with any creative idea is to believe in yourself. This is an ongoing process for most people and something you need to continually revisit, but making a commitment statement to yourself can be a powerful first step. For this exercise write out the following statements, or variations that feel right for you.

I .............. commit to creating a magnificent life based on my own terms

I .............. commit to believing in myself and following my creative dreams based on my own terms.

Write each of these statements 3 times and once with your non-dominant hand. These can also be powerful mantras for using to motivate and support yourself during daily life and your creative journey.