

**CLICK
RESOURCES
FOR
CREATIVES**

Giving Yourself Permission

Self-reflection Resources

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 your best to make that life a reality.

01.

Personal Life

List 10 things in your personal life you would like to give yourself permission to do.

Examples could be:

- Catch up with friends
- Laugh more
- Feel your emotions
- Spend time planning outfits or new recipes
- Watch a film with a friend each month
- Get back in shape
- Get out of debt
- Talk to a friend about your struggles etc

02.

Creative Life

List 10 things in your creative life you would like to give yourself permission to do.

Examples could be:

- 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

03.

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.

04.

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. Making a commitment statement to yourself can be a powerful first step.

04.

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.

04.

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.