



WHAT IS PERMISSION?

Permission is when someone allows themselves to make a decision. It is the decision to bypass the mental block that withholds your own support and approval for taking action towards something you want.

TAKING BACK AGENCY AND SOVEREIGNTY

When we make a decision or choice it is a powerful act and reclamation of sovereignty over yourself. When you decide on an action, or something that you specifically choose to believe to be true it is an act of power. Historically you haven't been encouraged to do this, so if it feels clumsy for you just recognize it and practise more!

WHAT PERMISSION IS NOT

Permission is not an excuse for minimizing the impact of systemised and applied racism, classism, ableism, misogyny, anti-LGBTQ+ beliefs, patriarchal system impacts, restricted views of empathy, etc. Permission is an internal game. You can only apply it to yourself and your actions in the world.



THE CHANGE SEQUENCE

DESIRE > DECIDE > DO

If we break down the process of change it looks like this sequence: Desire>Decide>Do. Permission lives in the Decide portion. Most of the world focuses on the Desire phase or the actions for Do. We must also teach each other to Decide, because that is where the power lies. When you feel stuck try to figure out which part of The Change Sequence is holding you up. Do you know what you want? Do you have your own approval and support for taking action (Permission)? Do you know what to do? Make sure you have the support that you need at each step to make real change.

4 KEY TOOLS TO HELP GRANT YOURSELF PERMISSION

1. DECLUTTERING BELIEFS.

Take an inventory of the stories and beliefs you hold about what you can't/should/shouldn't/have to/must do. Look around at the ideas that you are putting up with or making do with, without particularly choosing them. This takes so much energy and space to hold. Listen for when you tell yourself any sentence that includes these words. Set them down if you don't agree or change them to choice if you do.



2. PERMISSION LIVES IN THE PRESENT TENSE

Permission can only be granted in the present. You can't give it to your younger self or bestow it on some future perfect if, then, when scenario. It has to be given to yourself as yourself in only this moment. This doesn't mean you can't decide to think differently about your past, now. Or make plans for the future. But action is only possible in the present and your decision to take it can only be created in the present.

3. THE ROLE OF SELF-HONESTY

Making choices in the present requires us to be honest with ourselves. We often cannot move forward because we aren't acknowledging what is happening. This can be a really protective skill from past trauma, but it gets in the way when you want to create change. In order to grant permission we have to do it on stable ground which is a recognition of where we are in this moment. For good and bad. From this place. Naming it won't make you stuck here. It's not an invitation for self flagellation about how it might have happened. This is not for judging purposes. It helps you correctly place the first stone in the path away from here to where you want to go.



4. LOOK TO CLAIM CHOICE.

Find the agency of choice where ever it is available in your life and use it. There are lots of ways in which we might not be free or safe to make the choice we want, I am not asking you to do that. Find the choices you have. Change the ones you can when they don't feel right. Name them as choices and decisions and not just things "you have to" do.

REPEAT. OFTEN.

The process to giving yourself Permission is like having the best life coach ever in your own head! If you let it, it can help you take some of the pressure off yourself, it can widen your understanding of your own role in what's possible, and it can add to your sense of personal sovereignty, including the choice to be kind to yourself. And all the while it's helping you actually take action towards something you want.

This is only the beginning of the conversation. May you always find all the Permission you need.

Lots, of love,
Susie