

TOPIC: PERMISSION



- Where have you stopped yourself from going all in on your creative life because of lack of permission from someone else or yourself?
- Whose permission have you been waiting for or wanting, that if you got, would allow you to go all in?
- What would happen if you suddenly got that permission?
- What old story is blocking you from stepping into your permission to be or do just what you want?
- How is that still serving you? (HINT: If you're not giving yourself permission, then it is still serving you in some way). What old belief is it enabling?
- What will you give yourself permission to create, do, be or have this week?