

THE TEN PERMISSIONS:

A QUICK GUIDE



These are your new rules — direct, bold, and relevant for the 21st century. Each one is a permission slip to help you move from stuck to self-directed, from performing to designing. Use this guide to spark reflection, make intentional choices, and lead your life forward.

1. BE WILLFUL

Own your authority to design your life.

Reflect: What desire are you ready to stop suppressing and start following?

2. GO ASTRAY

Step off the linear path and explore the full range of your options.

Reflect: Where have you been following a path that no longer serves you?

3. TAKE IT OUTSIDE

Leave your bubble — physically, mentally, culturally.

Reflect: What could you discover by stepping outside your usual spaces or routines?

4. EXPERIMENT

Try, test, observe. Learn what works by doing, not just thinking.

Reflect: What's one small, safe experiment you can run this week?

5. FEEL YOUR WAY

Trust your gut. Let emotion and instinct guide you, too.

Reflect: What is your intuition trying to tell you right now?

6. FORGET ABOUT THE FUTURE

Stop forcing a fixed plan. Think in days, not decades.

Reflect: What if your next best step mattered more than your long-term plan?

7. THINK SMALL

Take the smallest, most sustainable steps.

Reflect: What's one tiny move you could make today toward what you want?

8. TRAVEL LIGHT

Let go of what weighs you down — expectations, stuff, stories.

Reflect: What are you carrying that no longer fits the life you're building?

9. LOOK FOR TROUBLE

Don't fear friction — it's the path to change and growth.

Reflect: What's the discomfort in your life trying to point you toward?

10. MAKE BELIEVE

Create something new. Imagine, improvise, and remix reality.

Reflect: What bold possibility could you make real if you didn't need it to be permanent?