



# THE TEN PERMISSIONS DIGITAL WORKBOOK

## PERMISSION 101 - GETTING STARTED WITH PERMISSION

**Congrats! You've chosen to take action.**

By downloading this 'getting started' workbook, you've taken your first step in the direction of I-want-to-know-more-about-giving-myself-permission-to-create-the-life-I-want. I-want-to-do-more-to-give-myself-permission-to-create-the-life-I-want.

**Remember, permission is a green light to action.** It's not an interesting idea that you spin around in your head for weeks and do nothing about. It's small - even teensy weensy - steps that start to translate what you've just read into real life. Your life - a life that starts to look and feel different when you allow yourself to show up to it differently.

We're starting small here. Stupid small. Nobody else might know about it- nobody else might even notice it- small. Good. Under the radar is how you safely begin to make different choices - different to the ones you made yesterday - to the ones that you've always made.

Not new jobs, cities, partners. Much smaller than that.

Think days, not years.

Think ice cream, not relationships.

Nothing you do here will be life changing in the short term and that's OK. All it's meant to do is actively engage you in managing your choices and in the process start to signal to your body and brain that you're safe and secure trying different things.

**Your goal here is not to do big things.**

**It's to avoid doing nothing.**

See this as the start of a lifetime conversation you're having with yourself about how you're allowed to show up in your own life. To do that we start here with:

- » **Elevate your self-awareness:** Become aware of yourself making choices - which ones do you make habitually? Here you're looking and listening into the choices you make a little more closely, with curiosity not judgement.
- » **Dialing up your attention:** Bring focused attention to how those choices - old and new - affect you. Start to observe more closely how you act and respond in different situations- what you like and don't, when you feel discomfort. This is all data.
- » **Practicing deliberate choice making:** It might sound obvious, but it isn't! Intentional choice making is at the heart of elevated agency and you're starting here by practicing lower consequence choices. The key here is repetition and that starts with the small stuff that creates the least friction in your life.
- » **Integrating what's useful:** As you observe your practice, start to absorb and reapply what you're learning. Take what's useful and meaningful through small adjustments and minor shifts.

# TOWARDS A NEW OPERATING SYSTEM

See this as a gentle repatterning process, away from your default behaviors and choices and towards permission to make the choices that you actively decide on and design. Remember, we're trying to update our operating systems! But we're not machines that can achieve that update in one simple process. The shifts we want to make aren't seamless and they don't take place in one big leap.

To move from the left to right side of this table will involve permission to make hundreds, thousands of choices. See this as the small beginning of that process – and trust that small beginnings are OK, they're allowed. More than that, they're necessary.

Because your biggest barrier is procrastination and rumination you're looking for momentum, velocity, a sense of moving into new spaces. Action – even the tiniest – is your friend here. Because even the tiniest action will start to embed permission in your new operating system.

Don't worry if the actions described in this workbook don't appear big and impactful. Trust that they're just enough to get you started in giving yourself permission to design the life you want and not default to the one you think you're supposed to have.

	FROM		TO
PERMISSION 1	Compliant	P	Willful
PERMISSION 2	Linear	E	Curvy
PERMISSION 3	Narrow	R	Expansive
PERMISSION 4	Probable	M	Experimental
PERMISSION 5	Cognitive	I	Embodied
PERMISSION 6	Future outcomes	S	Current options
PERMISSION 7	Deductive	S	Inductive
PERMISSION 8	Accumulative	I	Adaptive
PERMISSION 9	Isolated	O	Engaged
PERMISSION 10	Execute	N	Create

# HOW TO USE THIS WORKBOOK:

The rest of this workbook is divided up into exercises around each of the Ten Permissions.

I recommend that you tackle one permission a week, so this workbook should take you ten weeks to complete – or more if you're busy or if you feel like taking it slow.

Take time to really think and watch as you work through the permissions – there's no need to rush, there are no "should be" deadlines here. This is about giving yourself permission (obvs) to do this in a way that helps you, not in a way that feels like an obligation. Do this for you, by you.

Each permission section has the same structure that is designed to help you understand the intention of the permission, and answer some questions that might help you see it a little more clearly in your own life, in the real world you live in.

There's a paragraph reminding you what the point of each permission is, and then there are some questions for you to consider. I really recommend getting a notebook and writing down your answers to each question – you could do a question a day, or answer them all at once, whatever feels better for you. But write the answers down – science has shown us that we process information differently when we hand-write things on paper than when we type or just think about things. And it also gives you something to look back on, to review – and change your mind and answers if you want to.

After the questions there is an "Action" section. This is a go-do-it thing for you to try, and then there's space for you to write down what you did, how it felt, and what you noticed. Make a point of coming back to write down your thoughts after you do the Action.

And then you're on to the next Permission!

I hope you enjoy this workbook and see it as an exploration, an experiment – not an obligation. How you feel about things is, after all, a choice and you have permission to choose how you want to approach this and reflect on it.

Whenever you're ready, let's get started. Have some fun with this. You really are allowed.

# PERMISSION ONE: BE WILLFUL

This is all about tuning into your desires – even the most basic ones, especially the most basic ones. Where the answer to “what do I want?” is right in front of you. Where you don’t have to worry about answering “what do I want to do with my life?” – you can focus, for now, on what you want for dinner.

## Some questions for you to consider:

- » What do I say yes/no to?
- » What do I want more/less of?
- » When do I stop/go?
- » Do I feel allowed to name what I want? To have it? To say it/share it with other people?

## Action: Play Red Light/Green Light

When I was little, we played a game called Red Light/Green Light where one person called out either of the two and you had to stop and go at their command. Green Light – GO! Red light – STOP! Maybe you played something similar and giggled away as you tried to keep track of when to stop and when to go? It got you listening hard to stop and go, yes and no– tuning you into the permission (you get where I’m going here) to proceed or stand still.

This Saturday or next deleted Saturday (Saturday is a great day for game playing) I want you to play a little game of red light/green light with yourself. Except this time, it’s a single player game, you vs you, there is no winner. Where you aim is to lock into your stopping and going, your yes and your no-ing.

As you make your way through your Saturday, tune into your yes and no – in other words, notice when you think or say them. Or nod or shake your head. Light those words up. Feel them! Even exaggerate your yes and your no. You don’t have to shout them or spit them but say them. Say them! So often we drift through days without a super switched-on sense of what we want. I want you to lock into everything from what you want for breakfast, to what you want to do before you fall asleep. Look for opportunities to swap out your go-to choices for go-new ones. Observe and get curious about whether yes or no comes more often or more easily.

Remember you might only be saying yes or no to yourself. That’s OK, self-talk is our little secret. But when you do find yourself saying it to other people, tune into their reactions and yours.

## Things I noticed while playing Red Light/Green Light with myself:

1.

# PERMISSION TWO: BE WILLFUL

The only way you can go astray is by remaining interested and open to the world beyond your most familiar. The only way to make different choices is by reminding yourself that there's more to choose from. This is all about lifting your head up to see what's out there, locking into what catches your attention.

## Some questions for you to consider:

- » What interests me?
- » What sparks my imagination?
- » What did I find fascinating today?
- » What did I see that was beautiful today?

## Action: Create a Treasure Box

When I was little my sister had a curio box where she kept little treasures she'd find, and I had an old shoebox with stuff I'd collect on trips or evenings out. We loved our treasures – we prided ourselves on being everyday treasure hunters.

Give yourself permission to be a treasure hunter by collecting interesting things from a single day, or even a whole week or weekend. And, yeah, find yourself a box, a file, a drawer- a place where you can physically hold things. Intentionally collect, actively gather, don't just notice and move on. Actively say YES to something that captures your attention and then choose to hold onto it (if it's free to be collected, of course – I'm not advocating grand theft auto or the like!).

Your treasures may be work related, trend related, hobby or leisure related. Give yourself permission to gather without feeling like you must analyze why. You don't have to! Look around and gather anything that catches your attention. Or decide to go deep around a particular theme and grab everything you can. I'll admit to having several large files of recipes torn out of magazines and newspapers in the 90s that still – STILL – serve as source of inspiration when I'm in a rut. (And btw, yes, I encourage you to channel some old school page ripping energy – tear those pieces out, turn that page down, make your mark, find your themes!).

The aim here is just to switch on and dial up your curiosity and receptivity – to heighten your awareness of the wider world and what in it interests you. Don't overthink this. Grab whatever tickles your fancy!

## Things I noticed while collecting treasures:

2.

# PERMISSION THREE:

## TAKE IT OUTSIDE

This is all about physically getting out your bubble, changing up your surroundings, exploring your world with a heightened degree of curiosity and intention. See it as stretching out – nudging the boundaries of your life just a little bit beyond the most familiar.

### Some questions for you to consider:

- » How do I feel about going outside today?
- » What 's my favorite outside space?
- » What caught my attention while I was out in the world?
- » Do I feel safe when I'm moving around in the outer world?

### Action: Walk out your front door

That's it. That's all. Maybe you knew this was coming but, honestly, I can think of no other way to get started here than with a humble walk. No phone required (but you can have it on silent), no agenda, no step counting or podcast listening. Just you heading out into the world, one step at a time.

If you're a regular walker – go farther, wider, to different places.

If you don't walk at all, literally just walk out your door and try to stay out for 15-20 minutes. Keep it as simple as you can – come alive again to your own neighborhood. There's no trick here – you're just engaging with your environment with a somewhat heightened attention and awareness. Feel your way through your walk, become aware of the steps you're taking (how they feel not how many you've taken!), the scents and sights you're encountering along the way. Drop into your body as much as you can and let your brain take it all in.

When you come home: scan, brain, heart, and gut. Simple question; how am I feeling? The answer doesn't have to be WONDERFUL. Remember your curiosity – this is just about scanning yourself to tune into how your time outside affected you.

### Things I noticed when I walked out my door:

3.

# PERMISSION FOUR: EXPERIMENT

**Introduction:** It's time to change up your routine. To intentionally say YES to something you wouldn't normally entertain or consider. NOT as a shock to your system or a challenge to your senses - just to stray a little bit from your most familiar choices towards the excitement of the new.

## Some questions for you to consider:

- » Do I like new flavors or sensorial experiences?
- » Do I consider myself picky?
- » How often do I try new things?
- » When was the last time I tried a new thing?

See this as a super simple way of engaging afresh with "what do I want?" and observing yourself as you try something different. **YOU DON'T HAVE TO LIKE IT!** You just have to try it - to observe how you react to novelty, to get curious about your preferences and whether there's scope for you to widen your sense of what's possible and desirable.

## Things I noticed when I tried different toppings:

## Action: Choose different toppings

Pizza. Omelet. Ice cream sundae. Salad. Sandwich. Whatever you fancy but change it up - actively make it different to what would normally choose. Trade out your go-to toppings/fillings for go-new toppings, still trying to keep them tasty and appealing. The point is not to gross yourself out, it's to try something a little different and maybe surprise yourself in the process.

4.

# PERMISSION FIVE: FEEL YOUR WAY

**Introduction:** See this as a chance to give your brain a break and use more of your body. A chance to start listening in to your body, and all the signals and cues it can give you. This can feel super challenging if you tuned out of your body's signals a long time ago. That's OK. This is about starting small and easy by becoming more attuned to your environment so that you can eventually turn that attention to yourself. Listening out to prepare yourself to listen in.

## Some questions to consider:

- » Do I consider myself sensitive to my environment?
- » Am I aware of using one sense more than others?
- » Which of my senses is a source of irritation?
- » Which one gives me the most pleasure?

## Action: Grow Elephant Ears

Let's start by sharpening your listening senses. Go into a busy spot - coffee shop, train station, grocery store - and listen, listen in, listen hard. Imagine that you've got big, powerful elephant ears that can take in sounds from all around. Ears that are sharp and sensitive and alive to whispers and roars. Tune into noise, tune into conversation, tune into the world. Focus on specifics - conversations, voices, the sound of children, animals - really tune into the noise rather than having it act as a din in the background. Observe what you find interesting, appealing, jarring, or unpleasant.

And then, then on your way home, whether that's on foot, in a car, or a train, turn your listening inwards. Tune into your own thoughts, feelings, and reactions to what you've just heard around you. Curiously observe your reactions to what you've just heard and experienced. How did the sounds of the outer world affect your inner conversation?

## What I noticed when I grew elephant ears:

5.



# PERMISSION SIX: FORGET ABOUT THE FUTURE

**Introduction:** This is about allowing yourself to be in the moment. To do something without focusing on the long-term consequence or outcome, just to experience it in the now. See this as training yourself to be more in the moment - dropping into your body because that's where it's easiest to experience the present tense.

## Some questions to consider:

- » When do I feel like I'm completely in the moment?
- » Do I ever feel completely in the moment?
- » Is there anything I love doing when the rest of the world/the future fades away?
- » Do I worry about the future a lot? If so, what specifically worries me?

## Action: Sweat it Out

Dance, run, walk, jump, garden, clean your windows.  
Do something - anything - that makes you sweat.

Sweat is a sign that you're present, engaged, busy, focused - your body's working, which usually gives your brain a chance to power down. When you're sweating, you're likely focused on something right in front of you, or what's immediately next.

Start to see the sweat as a sign - a good sign - that you're right where you need to be. Invested and engaged with a weed or a dirty window or the next mile. It's your brain that's always flashing forward, meanwhile your body is happy right where it is. See powering up your body as a kind of presencing hack, an investment in now not a worry for the future.

## Things I noticed when I broke a sweat:



# PERMISSION SEVEN: THINK SMALL

**Introduction:** This is about creating a little bit of comfort with a step-by-step, inductive approach to tasks, to life, to the road ahead. Where bigger processes are broken into small steps. Where maybe you don't know what the product or outcome is going to look like, but you're happy finding your way there.

## Some questions to consider:

- » When was the last time I followed step-by-step instructions?
- » Do I like working in a step-by-step approach?
- » Do I like to make things in a methodical way?
- » Do I read directions or jump into an activity?

## Action: Make something that requires you to follow directions

Follow a new recipe, build a puzzle, build a piece of furniture - Ikea your way into thinking small!

The idea here is to do something step-by-step, where you have to figure it out as you go, and where you can only go so far as the next step.

Of course, it's not the same as you finding your way slowly through new spaces in your bigger life, but that's ok. This is about you getting comfortable - or getting curious about your discomfort - in finding your way through a small task one step at a time. Observe yourself, get curious about what you enjoy and what frustrates you, whether you feel overwhelmed or satisfied thinking small and step by step

## Things I noticed as I worked step-by-step:

7.

# PERMISSION EIGHT: TRAVEL LIGHT

**Introduction:** This is about being ever more intentional about what you pick up and put aside in your life. What you're unconsciously carrying along with you because you haven't thought about whether you want or need it anymore – and if you ever did? See it as lightening your load – or at least starting to look at what it would look like to create fresh space in your life.

## Some questions for you to consider:

- » What am I carrying with me in my everyday bags?
- » How many spaces in my household hold more stuff than necessary?

## Action: Spring clean (no matter the time of year)

Clean out a drawer, a cupboard, your closet, your desk, your backpack, or handbag. Whichever one feels like it's got too much in it – wherever a clearer space will feel like a gift you're giving yourself.

**Hint** – think drawers over rooms! We're looking for a satisfying taste of Marie Kondo rather than a task that overwhelms you halfway through.

As you're working your way through this space, you're gently asking yourself: Why do I have this? Do I need it? Want it? If not, why am I keeping it?

Observe what it feels like for you to lighten your load. Satisfying? A struggle? Do you find it hard to get rid of things? How do you feel when you look at your cleaned-out space?

## Things I noticed when I did a clean out:

8.

# PERMISSION NINE: LOOK FOR TROUBLE

**Introduction:** See this as looking a little more closely at what issues or causes matter to you. Getting to know yourself better through the lens of the problems or challenges in the world that you want to be a part of addressing. Let's start gently tapping into your desire for the kind of world you want to be a part of creating by looking for trouble rather than looking away.

## Some questions to consider:

- » What issues make me feel sad, angry, excited?
- » What matters to me that I'm not already doing something about?
- » What causes/issues do I want to know more about.

## Action: Donate to a cause of your choice

Make a donation - as small or large a donation as you want and can give. Decide what you want to support and make an actual donation online or in person. That's it - that's all. Some of you might do this regularly, but for others it will feel novel to decide to donate and take the steps to do so. As you decide on your donation, observe how it feels. To get involved, to give money away, to have skin in the world's game. To give a shit.

## Things I noticed when I donated to a cause:



# PERMISSION TEN: MAKE/BELIEVE

**Introduction:** This is about starting to unleash your generative side, to kindle your belief in your ability to make new things, things that don't have to "matter" in the short term, but maybe just make you happy. Make you feel good. Maybe you do that all the time, maybe the thought of it fills you with dread. It's OK. Play along with me here.

## Some questions for you to consider:

- » What do I like to make / what did I like to make as a child?
- » Do I think of myself as a maker?
- » Do I like creative projects? What do I / don't I like?

## Action: Make your own permission playlist

Mix tapes, playlists, DJ sets, there's no better lowkey way to make something new than by compiling some of your favorite tunes. Let's call this the soundtrack to your own permissions. Start curating songs or music that sounds like permission to you.

For whatever reason, for any reason, don't think too hard about it. Just feel your way towards whatever tunes evoke permission for you – make you feel permitted, or maybe not?

Reminder a playlist can be just a few songs if they capture your permission vibes.

If music isn't your vibe, then put together a little collection of book titles or photographs. Whatever ode you can make to permissions, go ahead and make it! This is just about capturing the spirit of permission – in whatever creative way you can.

## What I noticed when I created my own permissions collection:

10.

# WRAPPING UP

## How was that?

How did it feel to try, do, create things you don't normally do? To deviate without feeling like a deviant?

Any loud "lessons" or clear observations that came out of these ten experiments?

Any "actions" that you loved or hated? What did that teach you?

Capture all your lessons - hold onto your observations. Keep observing yourself with gentle curiosity and keep cataloging your steps into new spaces.

This is the work of a lifetime.

Some of you might be feeling like ok now what?

Like these were small and insignificant experiments while you're ready to rumble with permission to create big new paths.

Others might be happy spending more time trying mustard instead of ketchup. Cleaning out all kinds of closets.

Still others might be holding a jumble of emotions that point to nothing clear.

To all of you - excited, anxious, confused - I say, it's OK.

No matter how clear or confused you might feel, all you ever have is your next choice.

Your next conversation. Next application submitted. Ticket booked.

No matter how eager or apprehensive you feel at this stage in your life, allow yourself to keep going one step at a time.

The next step - whatever it is for you - will bring information, affirmation, clarity. The more you give yourself permission to choose the next step based on your desire rather than your defaults, the more information it will give you.

The more you start to dial into your ability to design your days the more you come alive to possibility.

## Next Steps

If you're looking to take your Ten Permissions journey to the next step - to start to make your days your steppingstones towards the life that suits you and serves this world - then this is for you:

## PERMISSION 201: HOW I NAVIGATE MY DAYS.

This workbook is all about what you allow yourself to do every day.

What is the shape of your days?

Do you love them or sleepwalk through them?

Did you design them, or are they a default?

How do you increasingly light up desire, intent and creativity to build a life from the days up?

Click **HERE** to order your own printed copy!

Or click **HERE** to buy & download your digital version. ☺

There are also links to both on my website if you need them: **tenpermissions.com**

At some stage you will, of course, want to move beyond pepperoni and playlists and start to play around with higher stakes and higher order decisions in your life.

When that comes, you'll be ready. And I'll be here. Remember, one step at a time.