



No Entry Sign

Where in life am I waiting for permission—or apologizing for existing? Let's find the stop sign I didn't know I'd installed.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Where today did I hold back, hesitate, or shrink myself? _____

2. What was I afraid might happen if I took up space? _____

3. Did I wait for approval instead of moving on with what I knew? _____

4. What message am I still believing about what I'm allowed to want? _____

5. Who taught me to apologize for being 'too much' or 'not enough'? _____

6. Where did I notice myself self-editing or masking? _____

7. What would taking up space have looked like today? _____

8. Is there someone whose opinion I'm still over-valuing? _____

9. What belief is behind my hesitation to be fully seen? _____

10. What would it feel like to give myself full permission, no caveats? _____
