

(easier said than done, I know!), forgive yourself and acknowledge that you did the best you could with the information and resources you had at the time. Embrace an attitude of experimentation where there are no missteps; there is only learning.

*Give yourself permission to . . . be who you are.* Have patience when finding ways to exercise your STRIVE qualities productively. This can mean making Emotionality your competitive advantage, tapping into your intuition, or setting goals differently to honor your Inner Drive. Don't change your convictions because of another person's doubts. Your preferences, choices, and ambitions are worthwhile and important. Accept yourself for where you are right now, instead of berating yourself over where you ought to be.

FROM WHERE DO YOU SEEK PERMISSION?	
OUTSIDE YOURSELF	WITHIN YOURSELF
Wait to be asked or wait for opportunities to be presented to you	Create opportunities where you see a chance to contribute
Hold back out of fear of disapproval or imposter syndrome	Voice your ideas even when you don't feel 100 percent qualified
Need to be liked or told you're competent and good	Act from a place of integrity by setting your own standards and goals
Worry about losing recognition (e.g., praise, money, promotion)	Value the gains in character from making mistakes
Belittle or reevaluate your thoughts and emotions based on others' opinions	Respect yourself and feel entitled to experience your thoughts and feelings

SNEAKY WAYS PERMISSION-SEEKING STEALS YOUR POWER

Seeking awards and accolades is an obvious and often unproductive way to try to bolster your sense of self-worth. But permission-seeking can seep into your habits in other sneaky ways.

**Overapologizing.** Saying sorry when it's not necessary is a subconscious way to get reassurance that you are okay and allowed to exist.