

EXERCISE

YOUR PERMISSION SLIP

You may remember permission slips as licenses to move ahead or do something you wanted to do, like attend a field trip. As your next step in releasing the Honor Roll Hangover, I want you to write a permission slip to *yourself*. For your permission slip to matter, it has to come from *you*—not from me, your manager, or anyone else. In this way, you start to utilize your depth of thought, emotion, and self-awareness to make choices and rely on your own inner wisdom.

INSTRUCTIONS

1. *Bring to mind a situation that you're overthinking or overcomplicating.* It could also be an exciting opportunity that you've told yourself you're not cut out for.
2. *Fill out your permission slip.* I've included a template to guide you that covers the most common areas Sensitive Strivers struggle with.
3. *Keep it somewhere readily accessible.* I highly recommend hanging your permission slip on your wall or tucking it in your desk drawer so that you can pull it out whenever you need a reminder that you already have everything you need inside you to succeed (if you just get out of your own way).
4. *Revisit it as needed.* You'll revisit your permission slip later in this book, but you can also do this Exercise every month, every quarter, or whenever you find yourself up against a new challenge, risk, or leap that triggers doubt.

YOUR PERMISSION SLIP

Travis

I hereby grant myself complete and unlimited permission to reach out to my network in order to/for the purpose of earning my first \$100 as a consultant.

Specifically:

I have permission to feel nervous asking for introductions.

I have permission to be confident in the fact that I have a valuable skill to offer.

I have permission to push when I notice fear holding me back from offering my expertise.

I have permission to rest when I have a busy day at the hospital.

I have permission to start making a video series to promote my work.

I have permission to try sending emails to old coworkers, asking to grab coffee.

I have permission to stop worrying so much about the pricing matrix.

I have permission to let go of expecting myself to know everything about running a consulting firm.

It's time to forgive myself for spending a year trying to launch and know that it helped me sort out what's important from what's not. I am ready to put myself out there and commit to just starting so that I can hopefully secure my first consulting project within a month.

Giving myself full permission and wholeheartedly believing in myself is important right now because I'm ready for a new challenge. I trust myself to figure things out as I go and know that no matter what happens, I've got this.

Sincerely,

Travis

YOUR PERMISSION SLIP

*I hereby grant myself complete and unlimited permission to _____
_____ in order to/for the purpose of _____.*

Specifically:

I have permission to feel _____.

I have permission to be _____.

I have permission to push when _____.

I have permission to rest when _____.

I have permission to start _____.

I have permission to try _____.

I have permission to stop _____.

I have permission to let go _____.

*It's time to forgive myself for _____ and know
that it helped me _____. I am ready to _____
_____ and commit to _____ so that I can
_____.*

*Giving myself full permission and wholeheartedly believing in myself is
important right now because _____. I trust myself to
_____ and know that no matter what happens, I've
got this.*

Sincerely,

[Your Name]