

In the 7 Habits of Highly Successful People, Stephen Covey talks about the prioritization of tasks in Habit #3. He describes the importance of being able to identify the most important tasks, and then to make sure that they are completed first.

On the Daily Dish show, I spoke about the HOW. Not only how to figure out which priorities are most important, but how to put them into your daily routine. There is a gap between knowing what to do, and actually implementing it. My goal is to help you adjust your mindset and close the gap.

The opposing forces can only oppose with your permission.

I thought of this during my morning meditation yesterday.

Permission means authorization or consent. Think about how careful we are about permissions- from signing permission slips for our kids to accepting permission settings before downloading an app. Permission to come aboard, permission to be excused. But, the permission that we let lapse, or sag, or go unguarded so often is the permission we give ourselves to do the very things that take us down.

I'm talking about giving ourselves permission to go through a fast food drive-thru because we are "starving," or permission to eat out of a giant bag of chips while watching Netflix, for example.

Permissions are how we start to "Put first things first" in the words of Covey, and make sure that we are putting action behind our task prioritization.

What permissions am I giving myself that need to be cut off? What permissions do I need to start enforcing in my life?

I have the permission to say NO, to use my voice, to create the exact vibrant life that I want, and to say YES. I grant myself permission to sleep, hydrate, exercise, and eat well.

Permission to come aboard? GRANTED!

You are so much more -- so much stronger, needed, wanted, desired, and loved -- way more than you know! Give yourself permission to believe it!