

Allowing Yourself To Be

Have you ever stopped to relax and struggled to sit still? Do you find it difficult to switch off? It can be hard at times, but we need to give ourselves permission to be.

It is easy to become wrapped up in where I need to be or what I need to be, but this way of thinking keeps us living in the future, when the present is happening right now all around us. Allow yourself to just exist, to simply be, in this moment, right here, right now.



I give myself permission to be, to exist, to non-judgmentally be nothing more than who and where I am right now. I am exactly where I am meant to be and I am enough

There is often a pressure of being productive, that productivity is key to success and without it we cannot feel a sense of accomplishments. It is important to recognise and shift this view. Productivity does not need to come in the form of completing endless tasks, productivity can be experienced in different ways.

Be unapologetic

Often when we take time to just exist we feel guilty, like we should be productive in some way. But relaxing and resting is productive, our bodies and minds need relaxation and rest to reflect and recharge. If you feel these emotions come up take time to repeat these affirmations:

- ◆ I am unapologetically allowing myself to be
 - ◆ I deserve and need this time to rest and recharge
 - ◆ I allow myself to be, this moment is exactly where I am meant to be
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Take a deep breath, allow yourself to be, remembering you are exactly where you are meant to be. You have all that you need in this moment.

Romanticising the moment

Romanticism is attitudes, ideals, and feelings which are primarily romantic based, and focus more on the romance of a situation rather than the realism. Romanticising moments is the act of being present in what ever you are doing, while shifting the focus of your attitude to one that is positively present.

For example when eating cake, rather than just simply eating, engage your senses and take time to consider the taste, the texture, the smell, the work that has gone into making this cake, the gratitude of being able to purchase and enjoy this delicious cake at leisure.

- ◆ Engage your senses
- ◆ Embrace gratitude for where you are right now and the privilege of being able to experience this moment, what ever that may be
- ◆ Take time, romanticising a moment is all about slowing down and being truly present in this moment