

Permission to check your emails. (Ok, ok, I'm guilty of this one too.)

Permission to become that fearless person you have always wanted to be. (This is BIG but so worth developing.)

So the moral of this information is that YOU are the only one who can sign your own permission slips.

What will they be? Will you give yourself permission to have some fun days, take a day off and enjoy it with a friend, give yourself permission to have a day with no interruptions, a day to kick back and just read?

All of these are possible, you just need to develop the skill and use it!

About the Author

Large selection of exercise resistance bands. Also exercise balls, stretching straps, sports specific.

Source: <http://www.productsherbal.com>