

Permission to Become

This is the integration piece.

The Permission Journey is not just about one brave moment. It is about becoming the kind of person who trusts herself again and again.

This final stage is about living with more honesty, ownership, courage, and grace.

It asks:

Who am I becoming?

What am I no longer asking permission for?

What do I now give myself full permission to believe, choose, say, release, or begin?

You are allowed to become someone your old life did not make room for.

