

Permission to Want

This is a big one.

So many people have learned to edit their desires before they even say them out loud. They talk themselves out of wanting more because it feels unrealistic, inconvenient, selfish, or disruptive.

This part of the journey invites people to name what they actually want without immediately judging it.

Permission to want more

Permission to want less

Permission to want something different

Permission to change your mind

Permission to outgrow what once fit

Your desire is not a demand. It is information.

