



You Don't Need Permission // Spartan STAND 002

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I often find myself giving other's opinions, especially a stranger's, more value over what I find valuable or purposeful. In this episode I introduce and toss around a few thought processes that help me defeat falling into that trap.

Who has authority over how we feel? Who lends the ultimate approval on what it is that fills us with purpose or value? Is it your 'why' or is it someone else's 'why' that gives us energy and direction? If it isn't each of us ourself, then why are we always looking for the thumbs up from other's to be our authentic selves and hesitate to be when we receive a frown, especially from a stranger?

Being conscious and aware when someone else is making you feel guilty for doing right, being good, or enjoying what moves you will empower you to refuse being a victim or held captive by a weaker person.

LESSONS:

YOU are responsible, YOU have the authority to approve of Yourself. Know what is right, know what is wrong - Do right, don't do wrong; you don't need approval or permission for this. Be aware when others try to take undue priority over you. Always: common decency, respect - courteous & kind.

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madmotion 3 weeks ago
Tosh - this is one of my favorites, such a great point about readiness. We say 'sign up for something' to motivate yourself, but this reminds me that I'm signed up for Life and I need to be ready all the time.

REPLY

Hakan Engman 1 month ago
These were 'good' thoughts ...!

REPLY

pedro hernandez 1 month ago
So true

REPLY

Joanne Antinozzi 1 month ago
could you move the dead animal for next monday

REPLY

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