

BOLD+FREE

COMMUNITY FOR WOMEN READY FOR THEIR NEXT CHAPTER



Giving Yourself Permission

Let's get real:

Most of us have spent way too much time waiting for someone else to tell us we're good enough, ready enough, or that we have the right to go after what we want.

We hesitate, we second-guess, we shrink.

But here's the thing - no one is coming to give us permission.

That moment only comes when **YOU decide you're done waiting.**

What's inside?

Why we struggle to give ourselves permission?

Why do we wait for permission?

The cost of waiting

The power of self permission

Practical Exercises

Why we struggle to give ourselves permission?

We hold ourselves back in so many ways, most of the time without realizing it.
I bet you'll recognize some of these:

Family Expectations:

The career path that was “safe,” the role you were expected to play.

Societal Norms:

The pressure to follow a predefined script for success.

Your Past Self: The version of you that made choices based on fear, not possibility.

Partners & Peers: The fear of judgment, disappointing others, or stepping too far outside the box.

Where we wait for permission?

We unconsciously seek validation from external sources, waiting for someone else to tell us it's okay to chase our dreams.

The truth is, no one else gets to decide that for you.

The Cost of Waiting

Waiting for permission doesn't just keep you small - **it steals your life**. Every moment spent hesitating, overthinking, or looking for validation is a moment you could have been building the life you actually want.

Think about it - how many brilliant ideas, powerful voices, and world-changing **dreams have been buried** because someone was waiting for the “right time,” the “right circumstances,” or someone else's approval?

Waiting is a slow suffocation. It traps you in jobs that drain you, relationships that don't serve you, and cycles of frustration that leave you wondering why you're stuck.

It keeps you watching from the sidelines while others step up, take risks, and **create what they want**.

Someday is a lie. The life you crave isn't waiting for some perfect moment... **It's waiting for YOU to claim it.**

The Power of Self Permission

When you stop waiting and start giving yourself permission, everything shifts. You move from being a passive **bystander** in your own life to an active, powerful **creator**. You stop waiting for external validation and start trusting yourself. That **changes everything**.

Giving yourself permission means:

- Saying **YES** to what sets your soul on fire.
- Taking **action** before you feel 100% ready.
- Saying **NO** to what drains you, even when it's uncomfortable.
- **Owning** your desires without guilt or apology.

Practical Exercises

1. The Permission Statement:

Finish this sentence: *"Today, I give myself permission to..."* Repeat it every day.

2. Identify the Block: Write down one thing you deeply want but haven't pursued. Who or what are you waiting for?

3. Reframe the Fear: Instead of wondering, *"What if I fail?"* ask, *"What if it works out better than you imagined?"*

4. Act As If: Show up TODAY as the version of yourself who already has permission. How does that person think, speak, and act?

Conclusion: Create your Unreasonable Life

The life you dream of isn't built on waiting - it's built on bold, messy, exhilarating action. Give yourself permission to take up space, to go after what you want, and to live fully on your terms.

No one else can do it for you. But you? You're more than ready.

Join
Bold + Free
Community

The **Bold + Free** community is for women who are ready for their next chapter. This is a space where we break free from limitations, challenge the status quo, and step into our full power. If you're done waiting and ready to claim your boldest, most free life, this is the place for you.

Click here to learn more [**BOLD + FREE**](#)

About Marta



Meet **Marta Czakowska** – adventurer, rule-breaker, and the fearless leader behind **Masters of Badassery**. Marta doesn't just talk about transformation – she *lives* it.

From climbing mountains to guiding high-achievers through life-altering outdoor experiences, she's all about pushing limits and **breaking free** from anything that holds you back.

But here's the thing – you don't have to already be fearless to work with her. You just have to be *open* to what's possible when you stop holding yourself back. Whether you're already taking big leaps or feeling stuck in hesitation, Marta meets you where you are and helps you move forward with confidence, clarity, and a sense of adventure.

With her no-BS coaching style, infectious energy, and deep belief in your **badass potential**, Marta is here to make sure you stop waiting and start *living* boldly, freely, and on your own damn terms.