Lovely radicals! Let’s shake things up a bit... 
... with better ideas to start the new year/day/moment!

- I give myself permission to end the war against my body
- Instead, I am willing to offer it my friendship and gratitude
- I am allowed to appreciate all the miraculous ways my body works for me, and I am willing to recognize that my body has never been my enemy; that it is, in fact, my most loyal partner. It let’s me be here!
- I have permission to not get hung up on appearance-related self-criticism, for this is not anyone’s natural state of mind, but a learned behavior that only brings misery and despair
- I have permission to marvel at the magnificent diversity of all living creatures
- I am allowed to be let in on the truth: Confidence and fulfillment are an inside job that is completely unrelated to our appearance
- As per now, I give myself permission to disagree with food and body-shamers
- I am allowed to have a different opinion
- I am allowed to NOT diet, even when everyone around me seems to be dieting...
  - ... and I am also allowed to feel compassion for dieters, for it’s highly likely that they are struggling just like all of us have struggled for much too long, and for they still believe the relentless barrage of messages in this unfortunately weight-discriminating and diet-obsessed world
- I am allowed to have clear boundaries, for example to request that someone withhold body- or food-shaming comments when I am around
- I am allowed to leave the table/room/discussion if my request is not respected
- I am allowed to be the person that sets a better example, by starting to talk kindly to and about myself
- I am allowed to tell people what I need, and I am just as allowed to ask for help
- I am allowed to have and show feelings
- I am allowed to make mistakes, they give me the opportunity to learn from them and try again
- I am allowed to make time for myself
- I am allowed to show up as ME

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I am allowed to say no... Oh, and by the way: "No" is a complete sentence
I have full permission to stop trying to please everyone
I am allowed to listen to my own needs and set boundaries, and I am allowed to be loyal to these, even if that means that I might disappoint some people sometimes. I recognize that this let’s me live with integrity, and it helps me to show up without breeding silent resentment for doing things I didn’t want to do in the first place
I am allowed to discover that by saying "YES" when I mean "YES", and saying "NO" when I mean "NO", I do not only respect myself but I also show maximum respect for the other, for I show up honestly, with an open heart, clear boundaries and no inner expectations, conditions or later resentment. I see that fooling myself means fooling others, and that wanting to please everyone all the time means fooling everyone involved
I have permission to reclaim my power. That means that I’m willing to ask myself some tough questions like: "Where have I given my power away?" "Whom or what have I let decide what I can or cannot eat?" "How has this been working for me?" "Whom or what have I let define those old beliefs that I am holding on to?" "How are those serving me?" "Which ones can I start to actively overwrite with new beliefs?"
I am willing to grow beyond my comfort zone and recognize that other people’s beliefs don’t have to be my own, and that I certainly don’t have to convert others to validate my own
I am allowed to unhinge my choices from other people’s approval
I have permission to be my own person
As per now, my body, my health, my food will be MY business. No more justifications
Should this make other people uncomfortable or prompt a bashing comment, I have permission to stay true to myself, and recognize that the other person’s reaction says more about THEM and their pain than it does about ME
I have permission to open my mind, and recognize that I can’t control other people, their opinions, their choices or their behavior.
I am allowed to become more critical of what is being presented in commercials, articles, movies, and on TV, and I have full permission to learn more about media literacy, marketing literacy and thereby become more aware who and what I am supporting by buying their products or by believing their presented ideal
I am free to become a critical thinker, awake to what kind of messages and suggestions I am willing to buy into
I am not here to make others more comfortable by abandoning myself
I am allowed to show up as ME

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with Meret Boxler

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★ I have permission to raise my voice—even if it shakes—and speak up when I see the hidden oppressiveness behind ideas, products or promoted ideals
★ I am free to stop participating in my own oppression
★ I allow myself to realize that I never HAD and will never have total control over my body, of other people’s perception of me, or of any safety guaranties in life
★ I give myself permission to enjoy the now, the body that I have, and live more fully
★ I have permission to choose gratitude over punishment
★ I am willing to be grateful for what my body does for me, and for what it let’s me do. I see that the hugs it lets me give, the flowers it lets me see and the places it lets me walk are ridiculously more important than what it is shaped like
★ I am allowed to be thankful instead of judgmental, and I am curious to see if a new attitude might grow some of that happiness that I have been chasing for so long
★ I am willing to recognize that the more I try to exert control, the more I will end up being controlled by all of which I am trying to control
★ I have permission to happily flush the "good food/bad food" mentality down the toilet, because the past has taught me that the more I try to "be good" around food and restrict my choices, the more likely it is that I will lose control and blame myself
★ I am allowed to stop comparing and judging, which in turn gives me permission to finally stop feeling sick with envy for other people’s bodies, jobs, partners or age
★ I am allowed to marvel at the glorious uniqueness of all beings, and instead of wanting to be like someone else, I allow myself to be carried by uniting sisters and brothers
★ I am allowed to become more aware of how I spend my precious energy
★ I allow myself to disengage from social media
★ I have permission to fill my own cup first, so that I can pour to others. Because nobody is able to pour from an empty cup without "faking it" and breeding resentment
★ I am allowed to cultivate a solid foundation of trust and respect for myself, which in turn allows me to show up fully, honestly and respectfully for others
★ I am allowed to respect and respond to my body’s signals. When it’s tired, I have permission to rest, when it’s hungry I am allowed to eat, when it wants to move or stretch, I am free to move or stretch
★ I am allowed to drop the victim mentality of always "needing to be busy for others" while running on empty, of "playing nice", of stretching myself thin, of depriving myself of sleep, food or support just to end up silently hating everyone for it
★ I am allowed to stop following every new fad, and to recognize that none of these promoted idea(l)s have ever brought me closer to true acceptance or inner peace
... And just so that I don’t forget all of these, I’ll put a reminder on my bathroom mirror:
★ I am allowed to show up as ME.

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