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## Frances Macleod: Giving Yourself Permission

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### Table Question

Where is your curiosity currently leading you?

### Journal Prompt

If confidence is something to choose rather than wait for, how would I approach my life differently?

### Action Step

Inspired by the Morning Pages practice from *The Artist's Way*, write three pages—stream of consciousness—right after waking up one morning this week.

### Further exploration:

Follow Frances on Instagram: [@francesblank](https://www.instagram.com/francesblank)

[Learn more about Frances's work](#)

Find [You've Totally Got This](#) on Amazon

[The Artist's Way](#) by Julia Cameron

[THE GAP](#) by Ira Glass (a video reflection on taste & work)