

Permission slip

NAME: John Doe (example)

I HEREBY GRANT MYSELF PERMISSION TO:

Not be perfect
Laugh at myself
Thrive
Play
Practice self care
Laugh
Have time off
Say 'yes' more
Follow my joy
Let "no" be a full sentence
Stretch my comfort zone
Do what I love
Have fun
Do nothing on a Tuesday evening
Be ok when I make mistakes
Believe in myself
Be happy
Be ME
Bring ME into all I DO
Create
Be seen
Be heard
To Listen
To adjust my sails and go with the flow
Trust my intuition
To receive

Signed:

Date:

Witnessed by:

My Permission slip

NAME:

I HEREBY GRANT MYSELF PERMISSION TO:

Signed:

Date:

Witnessed by: