



# GIVE YOURSELF PERMISSION!

Hey, pssst....!

What would you  
like permission to  
do, be or have  
today?!

## USE THIS HANDY DANDY PERMISSION SLIP TO:

- Gift yourself a break from what you “should” or “ought” to do;
- Create a reminder that you have permission to \_\_\_\_\_;
- Practice self-love and compassion when you need it most.

We recommend taking a moment to get still and ask yourself, “what do I need most right now?” and listening to what message(s) your Heartset has for you. Your Heartset is the source of your innate wisdom and power, your access to knowing what you need most. Tapping into the wisdom of your Heartset and going through the process of physically writing out your Permission Slip helps cement your commitment to yourself and provides a focus for everything that you do (or don't do) next.

Most of all, have fun...  
listen to your Heartset...  
and be kind to yourself!

Some Permissions that we've given ourselves  
in the past include permission to:

- Slow down
- Not have it all figured out right now
- Ask for help
- Rest
- Dance/sing
- Get out in nature
- Say no