

# PERMISSION SLIP

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WHAT I NEED  
RIGHT NOW:

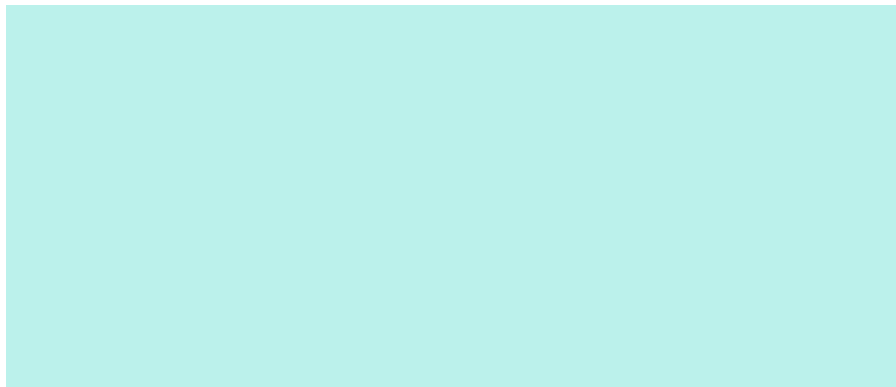
turn over for permission!



I, .....

GIVE MYSELF FULL AND COMPLETE PERMISSION

TO



WHILE HOLDING MYSELF IN LOVE AND COMPASSION.