Permission Slips

I give myself permission to...

to BE myself, unapologetically.

to say "NO" - in order to say

to say "yes" to me first.

to own my value.

to BE powerfully kind.

to BE strong.

to BE assertive.

to take up space.

to use my voice.

"yes" to me.



to evaluate the thoughts I'm

to release "should" and choose

to ask empowering questions, such

to love myself and release made up

as: "Who can I ask for help?" and

to accept what I cannot change.

choosing.

"want to or will."

"What can I learn?"

stores (aka fear).

to SEE ME for WHO I AM.

Creating personal permission slips is a massive action in self love and courageous empowerment.

Time to create your own! Trust your inner wise self to lead you to what is best for YOU! (Suggestions/ideas below.)

to trust myself.

to BE decisive.

to see the HERO in ME.

to stop striving and start trusting.

to stop pleasing and start trusting.

to stop overachieving and trusting.

to own my strengths.

to release overwhelm.

to live in my values.

to heal.

to accept myself right NOW. to stop waiting. to start! to stop gossiping. to release judgment of others.		to rest. to speedup. to stop numbing and choose nourishing.			to LOVE ME for WHO I AM. to be curious about WHO I AM. to believe that I AM ENOUGH. to BE ME.			
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