



PERMISSION



Date: Any day Time: Any time

I, _____ give myself permission: To be "selfish."
(your name)

- To let others figure things out on their own.
- To rest without "earning" or "working for it."
- To say NO to others/say YES to me.
- To prioritize my own needs.
- To accept help from others..
- To be unavailable.
- To enjoy something that is ONLY for me.
- To do the bare minimum that gets the job done.

