



l, _____, give <u>myself</u> permission:

To say NO to others/say YES to me.

Date: Any day Time: Any time

@vesseltherapyservices



l, _____, give <u>myself</u> permission:

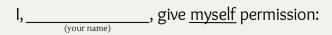
To accept help from others..

Date: Any day Time: Any time

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To let others figure things out on their own.

Date: Any day Time: Any time





l, _____, give <u>myself</u> permission:

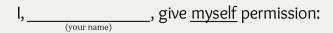
To rest without "earning" or "working for it."

Date: Any day Time: Any time

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To do the bare minimum that gets the job done.

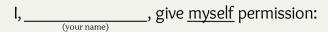
Date: Any day Time: Any time

_____, give <u>myself</u> permission:

To prioritize my own needs.

Date: Any day Time: Any time





To be unavailable.

Date: Any day Time: Any time





_____, give <u>myself</u> permission:

To enjoy something that is ONLY for me.

Date: Any day Time: Any time

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