



# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

To say NO to others/say YES to me.

Date: Any day Time: Any time



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# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

To accept help from others..

Date: Any day Time: Any time



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# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

To let others figure things out on their own.

Date: Any day Time: Any time



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# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

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

Date: Any day Time: Any time



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# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

To do the bare minimum that gets the job done.

Date: Any day Time: Any time



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# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

To prioritize my own needs.

Date: Any day Time: Any time



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# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

To be unavailable.

Date: Any day Time: Any time



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# PERMISSION



I, \_\_\_\_\_, give myself permission:  
(your name)

To enjoy something that is ONLY for me.

Date: Any day Time: Any time



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