

Permission Slip

Today, I _____ am allowing myself to do the following without self-inflicted judgment, guilt or repercussions.

- Do something that makes me happy

- Skip an event or family gathering

- Allow me to be me (clothes, hair, whatever!)

- Say no when I could say yes, but don't want to

- Take a me day (whatever that means to you!)

- Other:

Notes:

Date: _____

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