

PERMISSION SLIP

I wholeheartedly give myself permission to:

- ☆ rock & roll ☆ rock on
- ☆ take a nature break ☆ take a nurture break
- ☆ joy scroll ☆ doom scroll
- ☆ ask for help ☆ receive help
- ☆ play ☆ work on it
- ☆ order dinner ☆ howl at the moon
- ☆ forgive myself ☆ forgive them
- ☆ let it go ☆ let them go
- ☆ cry it out ☆ shout it out
- ☆ dance it out ☆ sing it out
- ☆ get uncomfortable ☆ roar
- ☆ love them ☆ love myself
- ☆ _____ ☆ _____

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