

# Take The Permission Slips You Need!

I give myself  
permission  
to breathe

I give myself  
permission  
to rest

I give myself  
permission  
to receive

I give myself  
permission  
to say no

I give myself  
permission  
to be less than  
perfect

I give myself  
permission  
to slow down

I give myself  
permission  
to go outside  
and play

I give myself  
permission  
to seek joy

I give myself  
permission  
to have fun