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# permission slip

I hereby daily, and always and forever

GIVE MYSELF PERMISSION TO:

- BE WHO I AM
- BE WHERE I AM
- STOP WHEN I'M GETTING COLDER
- GET MY BEARINGS
- FIND MY FLOW
- FOLLOW MY HEART
- TRUST MY INSTINCTS
- SLOW DOWN, NELLY
- REST WHEN I'M TIRED
- PLAY WHEN I WANT TO
- CREATE WHEN I'M INSPIRED
- CRY WHEN I NEED TO
- LEAVE WHEN I'M READY
- PARTY LIKE A ROCK STAR
- EAT \_\_\_\_\_ FOR BREAKFAST
- \_\_\_\_\_
- \_\_\_\_\_

SIGNED: \_\_\_\_\_

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