

Permission Slip

I hereby give _____ permission to a fresh start beginning _____.

This means that _____ has permission to:

- ♥ **Wipe the slate clean** and begin fresh towards **the desires of the heart and soul.**
- ♥ To choose to **forgive herself** for _____ (1)
- ♥ To **welcome herself as an old friend and treat herself accordingly** – which includes permission to regularly _____ (2)
- ♥ To **treat herself** to _____ (3) which been denied because she “doesn’t deserve it” or “hasn’t worked hard enough” or “should” make do with what she has or is “too busy”.
- ♥ **To no longer tolerate** _____ (4)
- ♥ To become **devoted to creating a daily life she loves.** To allow herself to feel _____ (5) and nourished by her life.

With so much love and permission,

Debra

Wholeheartedly Agreed and Permission Accepted:

_____ **Date** _____

Ideas To Fill Out Your Permission Slip

(1) Suggestions on Forgiving

Not being perfect For snapping at her partner	Gaining a few pounds For not finishing her book	Getting out of practice of writing or going to yoga Having a messy house
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(2) Suggestions on Treating Yourself as a Beloved Friend

Go to bed early Read good books journal	Linger over morning coffee Stop criticizing yourself	Get a regular manicure or massage Putting quality foods in my body
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(3) Suggestions on Not Denying Yourself

Buy new bras and underwear Use the good dishes	Buy a new crockpot Go to lunch with the girls	Go on a vacation Go to the salon
Buy a new outfit	Create a vision board	Time to pursue a hobby

(4) Suggestions on No Longer Tolerating in your daily life

Skipping breakfast Keeping relationships with people who treat me like crap	Being too busy Putting myself last	Not getting enough sleep Not having fun
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(5) Suggestions on Allowing yourself to be devoted nourished and to feel

Loved	Important	Valued
Worthy	Accepted	Creative
Supported	Cherished	Joyful
Happy	Magical	Relaxed