

Permission slips

Sometimes the first step is giving ourselves permission. Think about what you need in order to get the most out of this programme.

Maybe you need to give yourself the gift of time. Maybe you need to give yourself permission to be honest or look at issues with a new eye. Maybe you need to give yourself permission to be gentle with yourself.

WHAT DO YOU NEED TO GIVE YOURSELF PERMISSION TO DO, FEEL, OR NOT DO?

I give myself permission to.....