

## PERMISSION SLIPS - I CAN...

When I am facing \_\_\_\_\_  
(A situation or circumstance that you feel anxious, scared, cautious about)

I give myself permission to \_\_\_\_\_  
(What do you need to allow yourself to do)

“*Courage, compassion and connection will be my constant companions*”

Brene Brown

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*I give myself permission to ...*

BE IMPERFECT — LAUGH OUT LOUD  
LET THINGS GO — MAKE A MESS  
PLAY — TRUST MYSELF — TAKE A NAP  
FEEL BEAUTIFUL — TRY AND FAIL  
FORGIVE — SAY THE WRONG THING  
DO WHAT MAKES ME HAPPY — PONDER  
SPEAK TENDERLY TO MYSELF AND OTHERS  
GET ANGRY — LAUGH AT MYSELF  
CRY WHEN I NEED TO — SPEAK UP  
BE WRONG — ENJOY THE JOURNEY

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