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

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

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

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
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