



Your Permission Slip

Dear Self,

You deserve your own care - *no matter what is going on.*

You deserve to feel supported - *no matter who isn't there for you.*

You deserve to know, *no matter what,* **you are not alone, you are always enough, and you are deeply loved.**

I _____, give you permission to care for yourself.

I give you permission to notice when you need care.

I give you permission to know how to accept care.

I give you permission to take care of your very own, very special needs - *daily.*

With Loving Gratitude,

YOUR BESTIE & BIGGEST FAN: _____