

INSPIRATIONAL  
EVE'S

# Self-Care *Sundays*

## **SAMPLE PERMISSION SLIP**

Once you fill this out, read it aloud. That is an important step in the process.

*"I, **your name**, give myself permission today to **decide what you are needing permission to do and state it here. Be specific and speak in the present tense.***

*I let go of **what has been holding you back? Speak in the past tense.** It no longer serves me. Self-Care is a natural part of my daily / weekly routine now. I choose myself because I cannot pour from an empty cup. It is safe to give myself the care and attention I need when I need it. I lead with intention and I choose to take care of myself from this day forward.*

*And so it is.*

Signature: **Your Signature**

Date: **Today's Date**

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*I let go of*

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