

I GIVE MYSELF PERMISSION TO:

1. Take time for myself
2. Believe in myself
3. Change what I want to change about myself
4. Keep what I love about myself
5. Invest in myself
6. Be curious
7. To speak out and express my wants and desires
8. Pursue previously denied dreams
9. Say NO
10. Say YES
11. Reject what no longer serves me
12. Learn about myself without feeling selfish
13. Study what gives me joy
14. Work towards something meaningful
15. Be open to new ways of doing things
16. Try something new
17. Acknowledge that it's never too late
18. Know that I can start over
19. Learn to live with fear
20. Help myself
21. Not regret my past, but to take steps of change
22. Work towards something that makes me happy
23. Develop relationships that treat me as equal
24. Help others without being consumed by others
25. Offer help
26. Doing nothing for an entire day
27. Reach out for help
28. Explore my creative self
29. Research options for myself
30. Own my power
31. Nurture and take care of myself
32. Not apologize for
 - Having a different opinion
 - For being lost
 - For being afraid
 - For losing when I tried my best
 - For expressing my truth
 - For speaking out

I own my soul, my wisdom, my body, my mind, and my spirit. I take responsibility of all that I am and I work to change those things I wish to change and love those things I wish to keep. I am powerful, wise, and real. This is my word, my truth and my promise to myself.

Signed: _____ Date: _____