

Permission Slips

Sometimes pressure comes from rules we have absorbed about what we should manage, how productive we should be, or what we should need from other people. A permission slip can make room for a kinder, more realistic response — without pretending responsibilities disappear.

What am I putting pressure on myself to do or be?

Choose, change or create the permissions you need today

Tick any that fit, cross words out, rewrite them, or use the blank slips for your own.

I am allowed to rest

I am allowed to ask for help

I am allowed to change my mind

I am allowed to do less today

I am allowed to...

I am allowed to...

Which permission feels hardest to give myself?

What might become a little easier if I believed I had that permission?

One way I could practise this permission today:

Permission does not remove responsibility.
It can make space for flexibility, limits and being human within it.