

A FREE RESOURCE

# The Permission Slip.

*For the days you forgot you were allowed to do less.*

Today, you have permission to —

NO. 01

*Leave one thing undone,  
and not explain why.*

NO. 02

*Reply tomorrow.  
Or the day after.*

NO. 03

*Eat the easy thing for dinner.  
No one is judging you.*

NO. 04

*Cancel the thing you've been dreading.  
The world will hold.*

NO. 05

*Take the nap. Lie down.  
Close your eyes for ten minutes.*

NO. 06

*Notice you are doing your best,  
even if it doesn't feel like much.*

A SMALL ASK

*Screenshot. Save. Send to someone who needs it more than they'll say.*