



PERMISSION SLIP

Filling up our own tanks is one of the greatest gifts we can give to those around us - not just our kids, but our partners, our extended family, our friends and our colleagues.

I _____ give myself total permission to

_____ on (date) _____.

I will not feel even a tiny bit selfish, guilty or unproductive when I do it.

Signed with love and gratitude to myself,

Your Signature _____

LM Signature _____

Lorraine



...Make it happen!