

Permission Slips

In Brené Brown's 2017 book, *Braving the Wilderness*, she tells the story of getting ready to meet Oprah for the first time.

"...As I was getting dressed to meet Oprah for the first time, my daughter texted me. She wanted to make sure I had signed and returned a permission slip for her school trip. After assuring her I had, I sat on the edge of my bed and fought back tears. I started thinking, I need a permission slip to stop being so serious and afraid. I need permission to have fun today. That got the idea started. After I looked around my room to make sure no one was watching the incredibly ridiculous thing I was about to do, I walked over to the desk in my room, sat down, and wrote myself a permission slip on a Post-it note...It simply said, 'Permission to be excited and goofy and to have fun.'" (p.20)

Perhaps a silly thing to initially think of, writing yourself a permission slip to do something or be a certain way. However, it's a creative way to set an intention and literally give yourself the permission to do so. What permission slips do you need to write for your life? Permission to feel joy? Sadness? Rest? Maybe its permission to binge a Netflix show with zero guilt. Permission to try something new, and perhaps even fail the first few times. In a time where it may feel like we have little control, think about the things you need to give yourself permission to do. Take a moment to answer the questions below:

- What permission slip(s) do you want to give yourself that will help you take care of yourself and navigate life in a positive way currently?
- Are there permission slips we can encourage the people in our lives (Sisters, family members, friends) to write to help support each other?

Now, I want you to write out your permission slip. If you have a printer handy—print out the permission slip we have created below. If not, use a Post-it or other piece of paper you have nearby. Fill out your name, what you're giving yourself permission to do and yes, sign it! Place it in a place where you can see it regularly to remind yourself: your desk, on the fridge, on your bathroom mirror. And one last thing from Brené, "...as with permission slips you give your kids, they may have permission to go to the zoo, but they still need to get on the bus. Set the intention. Follow through."

I GIVE PERMISSION FOR _____ TO
your name

ADDITIONAL NOTES/CONSIDERATIONS:

SIGNED: _____ DATE: _____