

Permission Slip

I, _____, hereby have permission to:

- ♥ Recognize the limiting beliefs that are no longer serving me.
- ♥ Thank the limiting beliefs for protecting me up to this point.
- ♥ Release the limiting beliefs and let go of anything holding me back.
- ♥ Step fully into the brightest, shiniest version of my new self.
- ♥ Continue to grow and change and not stay stagnant because of anyone else.

To: _____ **From:** My New Self

Thank you for allowing me to be born.

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