

7 Permissions

I give myself permission ...

... to let go of the future and the past.

I give myself permission ...

... to live in the here and now.

I give myself permission ...

... to forgive myself and to forgive others.

I give myself permission ...

... to acknowledge and celebrate my achievements .

I give myself permission ...

... to express myself and follow all my dreams.

I give myself permission ...

... to be happy and to be sad.

I give myself permission ...

... to make time to take care of myself.