

cry. eat cupcakes. mope around listening to sad songs. not be okay. question my path. feel disappointed. go out dancing. drink wine in the bathtub. wear pyjamas all day. ignore to-dos. be gentle with myself. feel angry or frustrated. play all day long. stay up all night getting it done. do nothing. miss someone-something-some place. take the day off and drive to the beach. daydream. buy a something special that makes my heart happy. go out for dinner. call an old friend. be a total cranky pants. want more. go to bed early and sleep in late. have a hard time. not look at the clock. snuggle in bed and watch movies. play dress up and be silly. eat whatever I want. read a book from cover to cover. go on an adventure somewhere new. feel fragile and vulnerable. take time for myself. ask for help. wallow a little (or a lot). make art for the fun of it. take a crazy big leap into the unknown. be okay with where I am now.

TODAY I GIVE MYSELF PERMISSION TO:

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