

Ready to become Free and Clear? Get Unstuck and Live the Life You Want



Exercise: Create Your Own Permission Slip

We've talked a lot about granting yourself permission to change, make different choices, and take other actions in order to get unstuck. Now it's time to create your own permission slip to fully activate the power of this step. Use the template below by filling in the blanks with your details and desired intentions.

I, _{your name}	, am granting myself official permission to
your intended change	
I will no longer be	by
This means that I will no longer engage in:	
three to five actions or behaviors that epitomize your stuck	
What I claim instead is $\frac{1}{specific \ goal}$ I am bringing that to life by $\frac{1}{actions \ you \ plan \ to \ take}$	



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Sample Permission Slip

Here's how a completed permission slip could look, using the template:

I, Jennifer Smith	, am granting myself official permission to
your intended change	more satisfying romantic connections
I will no longer be a Debbie Dow	$\frac{v_{\text{ther}2}}{b_{\text{ther}2}}$ by $\frac{e_{\text{therefore}}e_{\text{ach potential}}}{e_{\text{therefore}}e_{\text{therefore}}e_{\text{therefore}}}$.
romantic partner to let me	
This means that I will no longer enga	age in:
(1) expecting the worst to con	nstantly happen, (2) pushing away people
three to five actions or behaviors that epitomize	
cearabin a a prochestive parti	a la seriel facela fa al as alta da la la garda da se
	ner's social feeds for clues about character flaws. Lona-term romantic relationship.
What I claim instead is <i>a happy, specific goal</i>	long-term romantic relationship.
What I claim instead is <i>a happy, specific goal</i>	long-term romantic relationship.
What I claim instead is $\frac{a \text{ happy,}}{specific goal}$ I am bringing that to life by $\frac{(1) \text{ as}}{actions you}$	· · · · ·
What I claim instead is $\frac{a \text{ happy,}}{specific goal}$ I am bringing that to life by $\frac{(1)}{actions you}$ interested in someone, (2) pr	long-term romantic relationship. suming that things will work out when I'm
What I claim instead is $\frac{a \text{ happy,}}{specific goal}$ I am bringing that to life by $\frac{(1) \text{ as}}{actions you}$ interested in someone, (2) pr in the moment during dates	long-term romantic relationship. suming that things will work out when I'm <i>i plan to take</i> racticing more open communication, (3) staying
What I claim instead is $\frac{a \text{ happy}}{specific goal}$ I am bringing that to life by $\frac{(1)}{actions you}$ interested in someone, (2) pr in the moment during dates someone who interests me, ar	long-term romantic relationship. Suming that things will work out when I'm I plan to take acticing more open communication, (3) staying and really enjoying the process of getting to know
What I claim instead is $\frac{a \text{ happy,}}{specific goal}$ I am bringing that to life by $\frac{(1)}{actions you}$ interested in someone, (2) pr in the moment during dates someone who interests me, av	long-term romantic relationship. suming that things will work out when I'm uplan to take acticing more open communication, (3) staying and really enjoying the process of getting to know nd (4) being willing to be the first one to