

Permission Slip

I _____ give myself permission to let go of the following things in 2015 so that I may feel happier/calmer/more at ease at home and in my life. I give myself permission to not feel guilty about my decision surrounding letting go of the things listed below.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

signed by _____

date _____