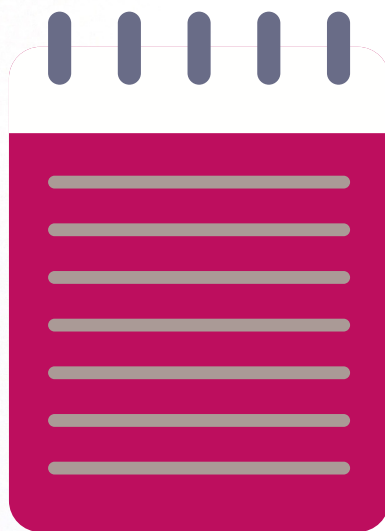


MY NEW PHASE OF LIFE

PERMISSION SLIP

MANIFESTATING MY FUTURE SELF



Dear (Insert Name)

I give myself permission to invest in my mental well-being

I give myself permission to release generational barriers

I give myself permission to make mistakes

I give myself permission to grow

I give myself permission to learn new ways of coping

**I give myself permission to partner with Laurie Ford, as she
introduce me to a version of my mirror reflection I haven't seen yet**

Name:

Date:

Time:

Signature: