

PERMISSION *Granted*

10 Permission Slips to
Help You Breathe Again
When Shit Gets Hard

Hey Beautiful,

If you're here, you've probably been carrying a lot lately, emotionally, mentally, or energetically. Maybe more than you've admitted to yourself.

So here's your gentle reminder:

You don't need permission from anyone to soften, pause, rest, feel, or start again.

These permission slips were created for the moments when you feel overwhelmed, untethered, or like you're supposed to "be strong" when all you really want is a moment to breathe.

Think of them as your pocket-sized exhale. A whisper back to your nervous system. A little slice of grace you can come home to.

Take what you need, when you need it.

With love, *Alex*



HOW TO USE THESE CARDS

There's no right or wrong way to use these and here are a few beautiful ways to let them support you:

- Pull a card each morning or whenever things feel heavy
- Save your favorite as your phone wallpaper (Yes! Instant grounding!)
- Print them and place them on your mirror, inside your journal, or on your desk
- Keep one in your wallet or planner for on-the-go reminders
- Share them with a friend who needs a little softness too

Let this be your permission to slow down, breathe, and come back home to yourself.

**PERMISSION TO
LAY IT DOWN**

I don't have to be
strong today.

Softness is still
strength.



**PERMISSION TO
REST**

I'm allowed to rest.

My body leads, not
my guilt.



**PERMISSION TO
RELEASE**

I can let go of what
no longer serves me.



**PERMISSION TO
BE HUMAN**

I am loved simply
because I am me.



PERMISSION TO TAKE UP SPACE

I'm allowed to take up
space, even when I'm
unsure.



PERMISSION TO MOVE SLOWLY

I don't have to rush
my healing.

Slow is sacred.



PERMISSION TO FEEL WHAT I FEEL

My emotions are
valid, even when
they're messy.



PERMISSION TO CHOOSE MYSELF

I'm allowed to
prioritize my needs
without apology.



**PERMISSION TO
START OVER**

I can begin again as
many times as I need.



**PERMISSION TO
HOPE**

I'm allowed to
imagine a life that
feels good, even now.



YOU'RE ALLOWED TO MAKE YOUR LIFE TRULY YOURS

Take these cards with you.

Let them soften the hard days.

Let them remind you of who you're becoming,
a woman who listens to herself, trusts herself,
no longer feels "Go" mode is the only way and
leads from her quiet, grounded power.

You're doing beautifully.

Love,

Alex