

Daily Direction

& Permission to...

Be Worth It!

W

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Permission to Rest

☐

Permission to Laugh

☐

Permission to Play

☐

Permission to Make Mistakes

☐

Permission to Say No

☐

Permission to Say Yes

☐

Permission to Remember My Big Picture Dream(s)

☐

Permission to Be Myself

☐

Permission to Ask For What I Want

☐

Permission to Try Again

☐

Permission to Have Fun

☐

Permission to Change My Mind



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Daily Direction

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Be Worth It!

W

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Permission to Get In The Arena

☐

Permission to Find Nourishment for My Mind, Body & Spirit

☐

Permission to Notice My Growth

☐

Permission to Find My Strength

☐

Permission to Be Silent While Others Speak

☐

Permission to Choose Happiness

☐

Permission to Learn

☐

Permission to Trust

☐

Permission to Celebrate Success

☐

Permission to Escape

☐

Permission to Daydream

☐

Permission to Pay Closer Attention



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Be Worth It!

W

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Permission to Ignore Naysayers

☐

Permission to Love Myself

☐

Permission to Ask For Help

☐

Permission to Challenge Myself

☐

Permission to Be Noticed

☐

Permission to Make Myself A Priority

☐

Permission to Pause & Notice

☐

Permission to Disconnect to Truly Connect

☐

Permission to Be A Leader

☐

Permission to Share My Ideas

☐

Permission to Say Kind Things to Myself

☐

Permission to Create



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