



# Journal Sheet

## Permissions

### Permission to \_\_\_\_\_

First thought(s), memory or story that came to mind: (person, place, event, whose voice is this thought in?)

An emotion/ feeling that comes up:

Is there a certain person that you feel needs to give you permission, acceptance, freedom?

Where do you feel that in the body?

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When was the last time this "permission" was an intentional or expected part of your day?

How does it feel when others around you have already embraced this "permission" and freely engage? (ex: they freely say yes or no, laugh, rest when they want, notice their growth, etc.)

Why should this "permission" be part of your day?

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

How can you have this "permission" be part of today?

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐