

♡ OFFICIAL ♡

Permission to Be Gentle with Myself

I, _____, am hereby granted sacred permission to be exceedingly gentle with myself.

I have permission to rest, to speak kindly to myself, & to honor my needs & desires.

I am worthy of profound comfort, kindness, & unconditional self-love.

This gentleness is granted without cause & remains irrevocable for any reason, including, but not limited to, guilt, productivity, or merit.

Signed: _____