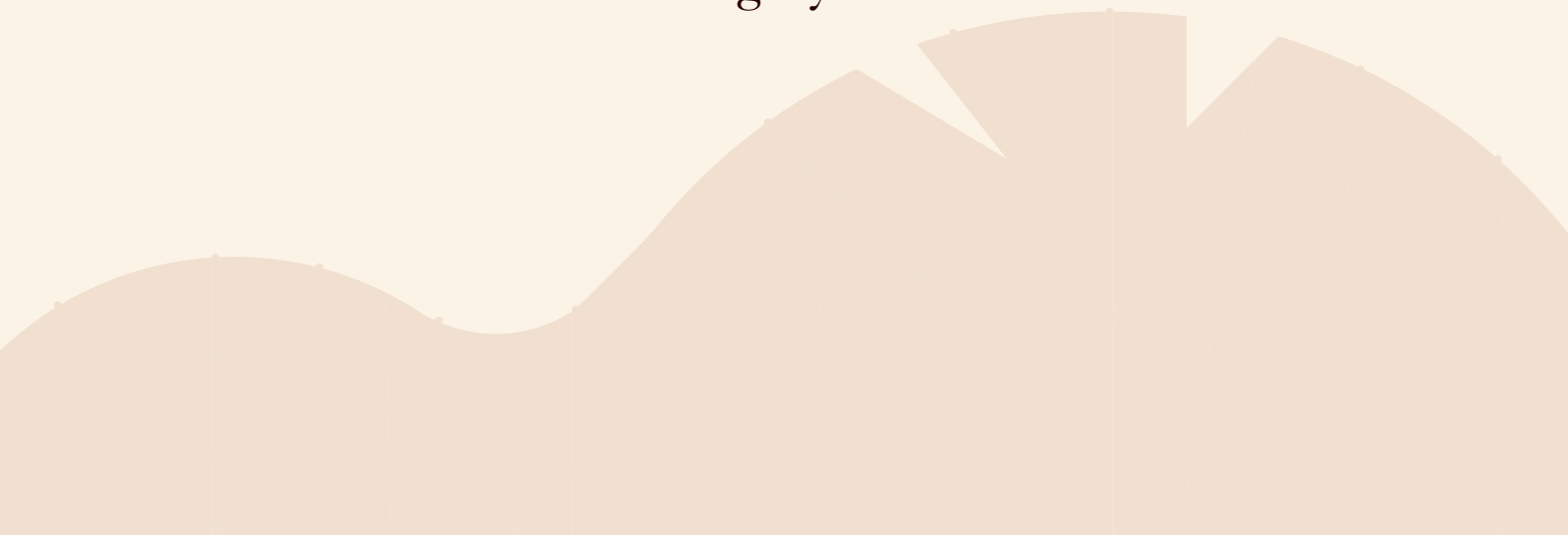




The Slow-Down Permission Slip

Giving yourself permission to
redesign your life



The Slow-Down Permission Slip



There's nothing you need to do with this except read it and make a commitment to yourself. Take your time. You may find it's worth reading more than once.

You have permission to stop performing

You have permission to stop performing a version of your life that you have outgrown, or that is not sustainable at its current pace.

You have permission to live a slower, more intentional life. It is okay to have fewer commitments, fewer obligations, and fewer evenings spent doing things you don't truly want to do.

You have permission to design a life you actually like

Not a life that looks good on paper or that other people describe as admirable. A life that feels like yours.

A life in which you wake most mornings with a sense of genuine happiness. A life with enough space to breathe, enough quiet to hear yourself think, and enough joy to remember that you are a person, not just a function.

This is not selfish. It is important and necessary

The people who love you benefit when you stop running on empty.

You cannot pour from an empty cup. You may have heard that, and you may have said it to others. It is time to say it to yourself now, mean it, and let it change something.

The Slow-Down Permission Slip

You have permission to stop proving yourself

You have done enough. You are enough and always have been. You were enough before you achieved anything, and you will still be enough when you eventually stop striving quite so hard.

You have permission to find the pace that fits your actual life

You are allowed to want that, and you are allowed to build it. And you are allowed, starting now, to stop doing the things that make it impossible.

This is not selfish. It is important and necessary

It is not about the life you had ten years ago. Not about the life that looks most impressive from the outside. It is about the life you are living now, in this body, at this moment, with these priorities. That life deserves a rhythm that supports it.

You have permission to let your children, your partner, your friends, and your colleagues solve some of their own problems without your immediate assistance.

You have permission to say no without providing a detailed explanation, to protect your time without apologising for it, and to change your mind without feeling the need to justify yourself. You have permission to be quieter. To stop volunteering for things you resent and start saying yes to things you genuinely care about now.

♥ I give myself full permission to redesign my life:

Sign your name as a declaration that you have read and understood this and, from this point on, are choosing to take it seriously.