

## CREATIVE OASIS PERMISSION SLIP

I hereby give myself permission to choose one of my "I'd really like to try that" creative experiences and go for it.

I hereby give myself permission to make that easier by starting with just 10 minutes at a time if I like.

I hereby give myself permission to not finish every single thing on my to-do list before diving into my Creative Oasis Moment.

I hereby give myself permission to enjoy whatever I choose for the fun of it and to not shut myself down by trying to be perfect (or even all that good.)

I hereby give myself permission to remember I'm doing this to add joy and delight to my life ~ nothing more. (and wow ~ isn't that enough?)

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Name

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Date

P.S. ~ I get to practice believing all of this just 5% more than I actually do right now.