

# PERMISSION SLIP

for an unapologetic <sup>multipotentialite</sup> life

I give permission for \_\_\_\_\_ to go on their own multipotentialite adventure: doing /  
pursuing / exploring / being / rocking out while \_\_\_\_\_ ,  
starting \_\_\_\_\_ with absolutely no end date prescribed.  
YOUR NAME  
YOUR MULTIPOTENTIALITE PASSION  
TODAY'S DATE

I hereby release \_\_\_\_\_ from any further blame or shame for  
YOUR NAME

WHATEVER THING YOU WERE BUSY CONQUERING FIRST  
that previously delayed, obstructed, or otherwise prevented this particular multipotentialite adventure  
from happening sooner.

In case of the emergency of feeling \_\_\_\_\_ AFRAID \_\_\_\_\_ GUILTY \_\_\_\_\_ STUCK \_\_\_\_\_ UNMOTIVATED \_\_\_\_\_ OTHER \_\_\_\_\_

after embarking upon this multipotentialite adventure, I hereby grant permission myself to

\_\_\_\_\_ PAUSE \_\_\_\_\_ BREATHE \_\_\_\_\_ JOURNAL \_\_\_\_\_ PRACTICE SELF-COMPASSION \_\_\_\_\_ SEEK HELP \_\_\_\_\_ until I'm ready to begin again.  
\_\_\_\_\_ MOVE ON \_\_\_\_\_ REGROUP \_\_\_\_\_ OTHER \_\_\_\_\_

Emergency Mantra:

Emergency Support System:

I agree to embrace this adventure wholeheartedly while I can, to exchange a singular focus on the  
destination for a celebration of the journey, and to apologize \_\_\_\_\_ % less for being true to who I am: a  
multipotentialite who is always growing, changing, developing, and loving it.

Signed,