

Permission Slip

I hereby give myself permission to:

- ✚ Remind myself of those things I loved doing as a child.
- ✚ Think outside of the box.
- ✚ Schedule time to create.
- ✚ Give myself regular periods of solitude.
- ✚ Try new things.
- ✚ Allow myself to fail.
- ✚ Surround myself with things that give me joy.
- ✚ Be mindful of moments.
- ✚ Be kinder.
- ✚ Practice gratitude.
- ✚ Find my tribe, people that feed my creative soul.
- ✚ Leave a legacy of creativity.

Signature: _____

Date:

Be sure to have a Sharpie marker for this class.

Called to Be Creative: A Guide to Reigniting Your Creativity, Mary Potter Kenyon,
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