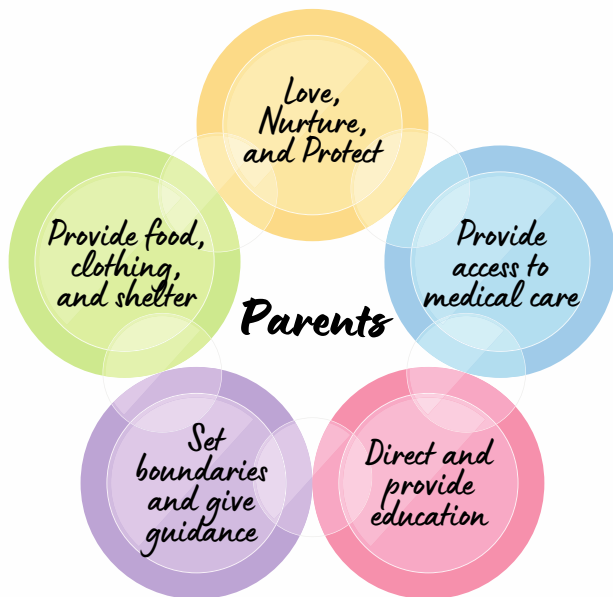


Parenting Responsibilities



Parenting doesn't come with a manual but it does come with a lot of responsibilities. These responsibilities can be overwhelming at times and can make you feel like you have little time for anything else, especially yourself.

Choose one thing that you want to give yourself permission to do this week that will help you reconnect with who you are as an individual.



Permission Slip

Write a permission slip to yourself. Post the permission slip in at least 3 places you visit frequently throughout your day to serve as a visual reminder of your commitment.

I GIVE MYSELF PERMISSION TO...