



Holiday Permission Slip

(in Honest Service of Self-Care)

January 1st, 2015

To Whom It May Concern:

The holiday season can be equal parts challenge and reward. In order to maintain the highest level of quality and support, it is important for one to listen to their needs and make choices based on what truly serves them. As such, please excuse **INSERT SELF HERE** from any and all activities that prevent **THEM** from fully participating in highest service of self-care.

One must truly love one's Self before loving others. In true recognition of **INSERT SELF HERE's** magnificent Self and extreme talent as an unrelenting compassion-monster, please excuse **THEM** from any activity that might not fully serve **THEIR** highest purpose.

After all, this is **INSERT SELF HERE** we're talking about... **THEY** wouldn't ask for the time off unless it was really, truly needed. Rest assured that after **THEY** takes this blessed time for **THEIR** Self, **INSERT SELF HERE** will continue to do their best to show up and participate with all of the poise, grace and love that made him who **THEM** is to you today.

Thank you in advance for your considerate understanding and support. You're awesome.

Enjoy, in joy!



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