Permission Slip Workshop

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Someone believes they must manage every task alone.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Write a realistic permission statement about rest, help seeking, or trying again.

3. What permission challenges an unfair rule?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.