**Today, I Give Myself Permission…**

* Today, I give myself permission…
* To heal…
* To be well…
* To love myself…
* Today, I give myself permission…
* To be happy in my body…
* To live the way I was intended to be…
* To be beautiful and magnificent at all times…
* To be self-forgiving and self-compassionate…
* Today, I give myself permission…
* To stay in harmony with the Universe…
* To receive as well as to give…
* To be provided, loved and cared for…
* Today, I give myself permission…
* To be pampered and nurtured…
* To be grounded in my heart…
* To surrender to Higher Power…
* Today, I give myself permission…
* To enjoy peace and serenity…
* To feel like a kid again…
* To own my power…
* To be limitless…
* Today, I give myself permission to be ME!