FROM Scrubs TO STARTUPS

Permission Slips

For the Nurse who's ready to reclaim something sacred.

Instructions:
Read each permission slip slowly. Circle the ones that feel true right now.
Put a star next to any you're still working on.
Add your own at the bottom if something comes up. You don't need external validation to grow—just a moment of honesty, and the willingness to keep going.

I give myself permission to stop proving my worth.

I give myself permission to say "not this" before I know "what's next."

I give myself permission to not answer every message the moment it arrives.

I give myself permission to want more.

I give myself permission to trust that I know when it's time.

I give myself permission to start before I feel ready.

I give myself permission to rest.

I give myself permission to stop calling survival a success.

I give myself permission to build something of my own.

I give myself permission to stop justifying my worth in credentials or exhaustion.

Permission I'm giving myself today:

Sovereign (adj.)
Fully in ownership of your time, energy, and choices—especially when the system tells you otherwise.

Want more tools like this?
Visit the Vault

Scan to Unlock the No More Scrubs™ Vault

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