Appendix 2

A Permission Slip

_____ has permission to STOP doing the following:
(your name here)

(check all that apply and feel free to add your own)

- ☐ Trying harder
- ☐ Making up for lost time
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ Anything else your brain just convinced you that NOW YOU HAVE TIME TO DO!

from _____ until (circle at least one) you have a better
(date)
idea of where your effort should go / you have finished enough of this book that you feel you know how to work with your brain more effectively / you have had adequate rest and self-care / and/or _____.
(insert your own criteria here)

This permission slip does not expire and can be reissued at any time.

SIGNED: YOUR BRAIN

WITNESSED BY: Jessica McCabe