



# WRITE YOURSELF A PLAY PERMISSION SLIP

## Why this matters

Many of us were wired into language like: ❌ "I should." ❌ "I have to." ❌ "I need to."

But play lives in a different language:

★ I get to    ★ I choose to    ★ I'm curious to

Play isn't childish — it's biologically powerful.

It activates dopamine, reduces stress, increases creativity, and reconnects us to joy.

This tool helps shift you from obligation to possibility.

## Do Now

1 Identify one thing you've been treating like a "have to."	
2 Rewrite it using the language of choice.	
3 Complete your permission slip below.	

## Your PLAY Permission Slip

[Your Name], you have permission to play by \_\_\_\_\_

because \_\_\_\_\_.

Play is not extra. It's essential fuel for creativity, resilience, and joy.

*Place this somewhere visible. Read it often.*

CREATING

CONFIDENCE

CONNECTION

JOY

