

The Inner Permission IMMERSION



LONI MARKMAN
LIVE IN A **BODY** YOU LOVE

Day

Date



Inner Permission Slip



Permission to PLAY

Describe a memory: Think back to childhood to the most clear joyful, playful memory you have – whether it's with a friend, a toy or playing a game. How did you feel? Can you think of a way that emotion into your life now?

Date



Permission to PLAY cont...

I love you -