

You don't need
permission to...

Want something
different



You don't need
permission to...

Change your
mind



You don't need
permission to...

**Say “No,
thank you.”**





You don't need
permission to..

**Stop explaining
yourself to others**



You don't need
permission to...

Grieve something
you've outgrown



You don't need
permission to...

Choose
yourself



You don't need
permission to...

**Begin
again**

