



A Permission Slip for Winter Rest

*I, _____, give myself
full permission to pause.*

During this season of winter, I am allowed to:

Close my journal without forcing a single word.

Let my quiet time actually be quiet.

No books, no podcasts, just stillness.

Say no to the things that empty my cup.

Cancel plans made out of guilt.

Leave the evening chores for tomorrow and go to sleep early.

Let my soul rest entirely in the care of the Shepherd.

My worth is not measured by my daily output.

I do not have to earn my rest.

Today, I am allowed to let out a long, slow exhale.

Signature: _____

Date: _____