



You are allowed to be blissful.

You are allowed to feel what you feel.

You are allowed to not be ok all the time.

You are allowed to be the unapologetic, imperfect, joyful you.

You are allowed to lose it and then find it again (whatever 'it' may be).

You are allowed to make big and small mistakes.

You are allowed to arrive the destination your own way.

You are allowed to say no to whomever or whatever your heart says no to.

You are allowed to be you.

You are allowed to feel a big burst of joy.

You are allowed to daydream and lie in bed.

You are allowed to do nothing sometimes.

You are allowed to let it go.

You are allowed to let it be.

You are allowed to be the unique expression of your beautiful soul in

every possible way.

With love and light,

Damla