

## Permission Granted Slip:



Wear the outfit you've been avoiding. How did you feel afterwards?

Confident



Good



OK



Unsure



## Permission Granted Slip:



Spend time in the sun. How did you feel afterwards?

Confident



Good



OK



Unsure



## Permission Granted Slip:



Go out without changing your plans because of your body. How did you feel afterwards?

Confident



Good



OK



Unsure

