

Permission slip

It's OK to stop.

It's OK to realise that it's costing too much.

That the shape of it needs to change.

That the thing that brought you life is now bleeding you dry.

It doesn't undo the good you did.

It doesn't mean you shouldn't have done it.

I'm proud of you,

and if you need to stop,

and you're brave enough to do it,

I'll be prouder still.

It's OK to carry on.

It's OK to rediscover that this is what you're here for.

That this is what lives in the bones of you.

That this is the difference between being alive and being something less.

It doesn't mean you're selfish.

It doesn't mean you're stupid.

I'm proud of you,

and if you need to carry on,

and you're brave enough to do it,

I'll be prouder still.

It's OK to not know.

It's OK to be lost and unsure.

To wonder if it was all worth it.

To want to go back to the beginning, and still be unsure what you'd change if you did.

It doesn't mean you were wrong.

It doesn't mean you were arrogant.

I'm proud of you,

and if you don't know,

and you're brave enough to admit it,

I'll be prouder still.