

Sacred Bombshell Sisterhood Permission Slip

Consider this a soul-binding agreement. When you are truly ready to embark on this journey, please read out loud, sign, make a copy or rip it out, and keep it. Take in these sacred lessons. Give yourself permission to have a Big Bombshell Breakthrough Life – to embrace pleasure, passion, positivity, play, and possibility.

I, _____, now give myself full permission to rise into my shine. It is my time to own my bombshell. I am ready to stop playing small.

I am allowed to love myself.

I am allowed to claim my feminine power.

I am allowed to be unapologetically me.

I am allowed to express my feelings.

I am allowed to be a force of love.

I am allowed abundant joy.

As a Sacred Bombshell Sister, I claim my right to pleasure. I embrace my right to passion. I welcome positivity. I drink in my right to play. I revel in my inner wild woman. I am open to a regret-free journey of possibilities.

Signed: _____

Dated: _____

Bombshell Playbook Exercise

Answer these questions in your Bombshell Playbook. Take five deep, cleansing breaths to get centered and begin.

1. Why am I ready for this journey now?
2. What do I hope to learn in this process?
3. What is the difference between knowing who I want to be vs. what I want to have?
4. What do I believe is possible for me?