

PERMISSION TO TAKE A BREAK FROM:

Check appropriate option(s) below

- SOCIAL MEDIA
- TRYING TO BE PERFECT
- ANSWERING EMAILS IMMEDIATELY
- SAYING YES TO EVERYTHING
- COMPARISON
- HUSTLIN' EVERY. SINGLE. DAY.
- ADULT RESPONSIBILITIES
- OTHER: _____

Details:

First Name

Middle Initial

Last Name

Date Authorized

Return Date

Signature