FREE PRINTABLE · DAILY DOSE OF DEMOTIVATION

THE OFFICIAL PERMISSION SLIP TO QUIT

Fill it in. Sign it. Screenshot it. Send it to the group chat. Feel nothing but relief.



OFFICIAL PERMISSION SLIP TO QUIT

ISSUED BY DAILY DOSE OF DEMOTIVATION · VALID IMMEDIATELY · NO JUSTIFICATION REQUIRED

I, _____ , hereby grant myself permission to quit:

_____

_____

_____

Effective immediately, without guilt, over-explaining, or a dramatic farewell post.

Date: _____ **Signature:** _____

Post it to your story and tag **@the.daily.demotivation**. We repost the best ones, eventually, when we feel like it.

WANT THE FULL GUIDE?

The Official Anti-Hustle Field Guide (18 pages: 30+ decline scripts, the Quit/Keep/Delay flowchart, a 30-day do-less challenge, stickers and 6 slips) **plus the 2027 Anti-Motivation Calendar.**

egg3degg.github.io/daily-demotivation-store/

© 2026 DAILY DOSE OF DEMOTIVATION · FREE FOR PERSONAL USE · SHARE THE LINK, NOT THE FILE · INSTAGRAM @the.daily.demotivation · YOUTUBE @thedailydemotivation