



A WORKBOOK

The Permission Slip

7 exercises to dismantle the guilt, reframe the desire, and give yourself written permission to be rich.

Deven Davis

devendavis.com

7

EXERCISES

1 hr

TO COMPLETE

\$1

INVESTMENT

Before You Begin

Before you can earn differently, you have to think differently.

And before you can think differently, you have to give yourself permission to.

Most people skip this step. They jump straight to the tactics — the side hustle, the investing, the business plan, the budget spreadsheet — without ever addressing the operating system running underneath all of it. The one that was installed in childhood. The one they never chose.

This workbook isn't therapy. It's a reset.

Seven exercises. Ten to fifteen minutes each. You can do them in one focused hour, or spread them across a week — one per day, like daily reps for a muscle you forgot you had.

By the end, you'll have a written document. Your Permission Slip. Something you can hold in your hands, put on your mirror, tuck into your wallet. Something you can return to every time the old programming tries to pull you back into the guilt loop.

I needed my own Permission Slip. I just didn't know it had a name.

I grew up hearing "rich kids are jerks." I carried that belief into adulthood like a backpack full of rocks — and I wondered why I couldn't run. It wasn't until I was broke, living in my in-laws' basement with four kids, that I realized the money problem wasn't the root. It was a symptom.

The root was a 'permission' problem.

I didn't believe I had the right to want what I wanted. So I sabotaged every version of success that showed up. Until I didn't have anything left to sabotage.

That's when the real work started. Not a business plan. Not a strategy. Identity work. The kind you're about to do.

Let's begin.

How to use this workbook:

- Write with your first thought. Don't edit yourself. The honest answer is always the useful one.
- There are no wrong answers. Only honest ones and dishonest ones.
- If an exercise makes you uncomfortable, lean into it. That's where the shift lives.
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You'll need a pen. Not a keyboard. Write by hand. It changes the way your brain processes.

01

The Money Confession

Every belief you have about money came from somewhere.

EXERCISE 1

The Money Confession

TIME: 10 MINUTES

Every belief you have about money came from somewhere. A parent. A moment. A story someone told you before you were old enough to question it. This exercise surfaces those beliefs — not to judge them, but to see them clearly for the first time.

Complete these sentences. First thought, best thought. Don't overthink it.

1. Growing up, money in my house was...

2. The first time I felt guilty about wanting money was when...

3. The person who most shaped my beliefs about wealth was _____. They believed...

4. When I see someone with a lot of money, my first thought is...

5. The story I tell myself about rich people is...

6. If I became wealthy, I'm afraid people would think I'm...

7. The amount of money I secretly want to make is \$_____. Writing that number felt...

Reflection:

Look at your answers. Circle the one that surprised you most. That's not just an answer. That's the edge of a belief you've been living inside without realizing it. That's where the work starts.

02

The Wattles Truth

Replace the inherited beliefs with something truer.

EXERCISE 2

The Wattles Truth

TIME: 10 MINUTES

In 1910, Wallace D. Wattles wrote something that would have gotten him canceled in today's culture:

"Whatever may be said in praise of poverty, the fact remains that it is not possible to live a really complete or successful life unless one is rich."

He didn't mean "rich" the way Instagram means it. He meant fully expressed. In body, mind, and spirit.

You cannot fully develop your mind without access to books, travel, conversation, and time to think. You cannot fully develop your body without proper food, rest, and environments that support health. You cannot fully develop your spirit without the freedom to pursue what calls you — and freedom, in the material world, requires resources.

That's not greed. That's geometry.

This exercise replaces the inherited beliefs you surfaced in Exercise 1 with something truer.

1. If I had unlimited resources, the FIRST thing I would do for my family is...

2. The experience I've always wanted but told myself I couldn't afford is...

3. The cause or community I would fund if money wasn't a factor is...

4. The version of myself I would become with financial freedom looks like...

5. The person I could help MOST if I had more resources is...

Reflection:

Read your answers out loud. Not in your head — out loud. These aren't fantasies. They're blueprints. Wattles would say: the fact that you desire these things IS the evidence that they're meant for you. The desire for increase is inherent in all nature. Your wanting isn't a weakness. It's a signal.

03

The Guilt Autopsy

Open it up. Examine it. Decide if it's yours to carry.

EXERCISE 3

The Guilt Autopsy

TIME: 15 MINUTES

Guilt about money is almost never your guilt.

It's inherited. From a parent who struggled and turned their struggle into a moral framework. From a culture that celebrates sacrifice and side-eyes success. From a religion that confused poverty with piety. From a childhood moment where you learned — in your bones, before your brain could reason — that wanting was dangerous.

This exercise performs an autopsy on that guilt. We're not going to bury it. We're going to open it up, examine it, and decide — with full consciousness — whether it's yours to carry.

1. The voice in my head that says "you don't deserve more" sounds like...

(Name a person, a memory, or a feeling.)

2. That voice first showed up when I was _____ years old, during this moment:

3. The belief behind that voice is:

4. If I asked that belief to prove itself — to show me hard evidence that it's true — the best it could offer is:

5. The COST of carrying this belief for the next 10 years would be:

The Decision:

You've examined the evidence. Now choose.

- I choose to keep carrying this belief. It serves me. It's true. I accept the cost.
- I choose to set it down today. It was never mine. I'm done carrying someone else's story.

If you chose to set it down, write one sentence about what you're picking up instead:

04

The Reframe

Dismantle the old foundation. Pour a new one.

EXERCISE 4

The Reframe

TIME: 10 MINUTES

You've named the lie. You've examined the guilt. Now rewrite the story.

This isn't affirmation. Affirmations are wishes you tape to a mirror. This is architecture. You're dismantling an old foundation and pouring a new one — in your own words, in your own handwriting, with your own authority.

1. The old story I told myself about money was:

2. The new story I'm choosing is:

3. Money in my life will mean:

4. Wealth will allow me to:

5. I will know I'm on the right path when:

Sign it.

I, _____, am rewriting my relationship with money.

Effective today. _____



05

The Permission Letter

The heart of the workbook. Nobody is coming to give you permission.

EXERCISE 5

The Permission Letter

TIME: 15 MINUTES

This is the heart of the workbook.

Nobody is coming to give you permission. Not your parents. Not your partner. Not your pastor. Not your boss. Not your therapist. Not a book. Not even this workbook.

The only person whose permission you need is the one reading this sentence right now.

So write the letter. To yourself. From yourself. In your own handwriting, in your own voice, with your own conviction. Give yourself explicit, written, permanent permission to be rich.

This is not symbolic. This is a document. When you're done, tear this page out. Put it somewhere you'll see it every single day.

Dear _____,

I'm writing this because nobody else is going to say it, so I will.

You have permission to want _____.

You have permission to earn _____.

You have permission to build _____.

You have permission to invest in _____.

You have permission to outgrow _____.

You are not selfish for wanting more. You are _____.

You are not greedy for pursuing wealth. You are _____.

The people who matter will _____.

The people who don't understand will _____. And that's okay.

The version of you that plays small — the one who apologizes for ambition, who dims the light so others feel comfortable, who whispers their dreams instead of declaring

them — that version served a purpose once. It kept you safe. It kept you liked. It kept you invisible.

But you are done being invisible.

From this day forward, I give myself full, unconditional, permanent permission to

_____.

No conditions. No asterisks. No “but only if.”

This is my Permission Slip.

Signed: _____

Date: _____

Tear this page out. Put it on your mirror. Your refrigerator. Your wallet. Read it when the old voice comes back — because it will come back. And when it does, you’ll have the answer in your own handwriting.

06

The \$1K Snapshot

Permission without action is just a nice feeling.

EXERCISE 6

The \$1K Snapshot

TIME: 10 MINUTES

Permission without action is just a nice feeling. So let's get practical.

The Finder's journey starts with one number: \$1,000 a month.

Not because \$1,000 changes your life. It doesn't. But earning it changes your identity. It proves — to yourself, in real dollars — that you can create income outside of a paycheck. That you have skills the market values. That the version of you who wrote that Permission Letter isn't just dreaming.

A thousand dollars a month. That's \$33 a day. That's one freelance project. One consulting call. One digital product. One skill deployed.

Here's your snapshot.

1. My current monthly income from non-salary sources (side work, freelancing, selling, creating):

\$_____

2. The skill or knowledge I have that other people would pay for is:

3. Three ways I could package that skill into income this month:

a. _____

b. _____

c. _____

4. The one I could start THIS WEEK is: (circle a, b, or c above)

5. The first person I'd tell about it is:

6. If I earned \$1,000/month from this, I would use it to:

Reflection:

You don't need a business plan. You don't need a logo. You don't need a website, a funnel, or a 90-day strategy. You need a first step. Look at your three options above. Circle the one that excites you most. That's your first step.

07

The First Step

One concrete action. Forty-eight hours.

EXERCISE 7

The First Step

TIME: 5 MINUTES

“Act upon your present place with all your heart, and put your whole mind into present action.” — Wallace D. Wattles

Not next month. Not when you're ready. Not when the kids are older, the debt is paid, or the timing feels right. Now. With what you have. Where you are.

This is your commitment device. One concrete action. Forty-eight hours.

1. In the next 48 hours, I will:

2. I will do this by:

day: _____ time: _____

3. The ONE thing that could stop me is:

4. My plan to push through that is:

5. When I complete this step, I will reward myself with:

Accountability:

Tell one person about this commitment. Not tomorrow. Right now. Pick up your phone and text them.

The name of that person is: _____

What you'll tell them: _____

Done? Good. You just did what 99% of people never do. You didn't just think about changing. You committed to a specific action, on a specific day, with a specific person holding you to it.

That's not motivation. That's momentum.

Your Permission Slip

You've done the work. You've surfaced the beliefs, examined the guilt, rewritten the story, and committed to action. Now put it all in one place.

This is your declaration. Not a wish. Not an intention. A declaration.

* * *

MY PERMISSION SLIP

I, _____, have examined my beliefs about money and found them borrowed, not chosen.

I release the guilt of: _____

I claim the right to: _____

I commit to: _____ within the next 48 hours.

I know who I am. I know what I want. And I am no longer waiting for permission from anyone who was never going to give it.

I am not waiting for permission.

I AM the permission.

Signed: _____

Date: _____

You Gave Yourself Permission. Now Build on It.

The Permission Slip starts the shift. But shifts don't hold unless you reinforce them. Here's how:

FREE — Join the Conversation

Follow @deven.r.davis on Instagram. Free content, live Q&As, and a community of people who've decided "enough" isn't enough.

\$7 — The Identity Shift (30-Day Journal)

30 days of daily prompts rooted in the Wattles philosophy that rebuilt Deven's life from a basement. Each day: a prompt, a reflection, an intention. The Permission Slip cracks the door open. The Identity Shift walks you through it — and by Day 30, you don't just think differently. You are different.

devendavis.com/buy/impression-of-increase-30day

\$7 — The Money Detox

A guided 7-day program to reprogram your relationship with money at the deepest level. The exercise you did in the Guilt Autopsy? Imagine going that deep — every day for a week — with Deven walking you through it.

devendavis.com/buy/money-detox

This is the beginning of the Finder's journey.

Believe. Earn. Invest. Converge.

You just took the first step.

Of course you did.

About the Author

Deven Davis is the Co-Founder of Ivystone Capital, an impact venture fund that bridges institutional capital and grassroots innovation. He's built \$500M+ in startup growth revenue, cultivated 400+

family office relationships, authored two books, and delivered keynotes on stages around the world.

He's also the guy who spent five years in his in-laws' basement, dropped to 155 pounds, and made \$37 on his first Black Friday. He didn't come from money. He came from conviction. Today he teaches a generation of Finders, Founders, and Funders how to build wealth with purpose — using the same Wattles principles that rebuilt his own life from nothing.

@deven.r.davis on Instagram

devendavis.com

“The desire for increase is inherent in all nature; it is the fundamental impulse of the universe.”

— Wallace D. Wattles

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