

PERSONAL BILL OF RIGHTS

1. I have a right to ask for what I want.
2. I have a right to say no to requests for demands that I cannot meet.
3. I have a right to express all of my feelings—positive and negative.
4. I have a right to change my mind.
5. I have a right to make mistakes and do not have to be perfect.
6. I have a right to follow my own values and beliefs.
7. I have the right to say no to anything if I feel that I am not ready, if it is unsafe, or if it conflicts with my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for the actions, feelings or behavior of others.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be myself. To be unique.
13. I have the right to express fear.
14. I have the right to say, "I don't know."
15. I have the right not to give excuses or reasons for my behavior.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own personal space and time.
18. I have the right to be playful.
19. I have the right to be healthier than those around me.
20. I have the right to feel safe, and be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my wants and needs respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.

If you are not familiar with your personal rights then take the time to read this daily until you are aware of your rights and begin to assert them. And remember...everyone else has these rights too!