

Your Bill of Rights

Affirmations

It has been well documented that the power of positive affirmations can greatly alter your perception of yourself and your reality. The science behind 'what you think is what you create' (or better known as 'cause-and-effect') is researched by all kinds of people - psychologists, scientists, philosophers, spiritual leaders, businessmen, artists, and even fitness trainers - and proven over-and-over as a natural law of the universe.

The following Bill of Rights is for you – to be a reminder of how it should be, to be used as positive affirmations or 'mantras', and to help you grow strong and empowered in your own journey!

- You have the right to be you —
- You have the right to put yourself first, sometimes —
- You have the right to be safe —
- You have the right to love and be loved —
- You have the right to be treated with respect —
- You have the right to be human, NOT PERFECT —
- You have the right to be angry and protest if you are treated unfairly or abusively by anyone —
- You have the right to earn and control your own money —
- You have the right to your own privacy —
- You have the right to make decisions that affect you —
- You have the right to ask questions about anything that affects your life —
- You have the right to grow and change (that includes changing your mind) —
- You have the right to say NO —
- You have the right to make mistakes —
- You have the right NOT to be responsible for other adult's problems —
- You have the right to not be liked by everyone —
- You have the right to control your own life and to change it if you are not happy with it as it is —

