

What are My Personal Rights?

Personal rights are not legislated. However, personal rights are easily overlooked by ourselves and others. Now is the time to practice reclaiming your personal rights by allowing yourself (and others) the following:

- The right to be treated with respect
- The right to express your feelings
- The right to be heard and taken seriously
- The right to set your own priorities and say “no” without feeling guilty
- The right to make mistakes
- The right to assert yourself
- The right to tell someone else what your needs are, even if the other person feels your needs are illogical, doesn't want to hear about your needs, feels hurt or upset about your needs, or feels that it isn't appropriate that you have these needs.

Practice these rights and share them with your family and friends.

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