

Personal Power

- I have needs and can take steps to meet them or try to meet them.
- I have a right to be happy.
- I have a right to own my feelings and to appropriately express my feelings.
- I have the right to make mistakes. I don't have to be perfect.
- I have the right to change my mind (and my beliefs).
- I have a right to ask for help or support.
- I have a right to care for myself before giving to others.
- I have a right to believe I can succeed.
- I have a right to set appropriate boundaries.
- I have a right to be alone if that is what I want.
- I have a right to let go of the past.
- I have a right to be angry.
- I have a right to expect honesty from others.
- I have a right to have my needs and wants respected by others.
- I have a right to say "No".
- I have the right to say "I don't know".
- I have a right not to give excuses or reasons for my behaviors, thoughts, or feelings.
- I have a right not to be responsible for others thoughts, feelings, behaviors.
- I have a right to set goals and to prioritize my own goals.
- I have a right to make my own decisions.
- I have a right to forgive myself.
- I have a right to give myself compliments and to accept compliments from others.
- I have a right to stop blaming myself for what I have done and what I have not done.
- I have a right to stop apologizing when I am not wrong or have done nothing wrong.
- I can like myself and stop comparing me to others.
- I can love myself unconditionally.
- I can make a difference in my own life.
- I can be kind to myself.
- I don't have to be perfect to be good-enough.
- I am worthy of respect from myself and others.
- I can believe that I am capable.