



# MINDY AISLING

## AUTHENTICITY EMPOWERMENT

COACHING FOR BIG-HEARTED OVERTHINKERS

Own Your Weird. Change Your World.

1:1 Online Coaching. Live Online Coaching Courses. DIY Courses.

### Your Personal Bill of Rights

1. I have the right to ask for what I want.
2. I have the right to say NO to requests or demands I cannot meet or don't want to meet.
3. I have the right to express all my feelings, positive or negative, and have the considered and respected.
4. I have the right to change my mind (as often as I want)
5. I have the right to make mistakes and not be perfect.
6. I have the right to follow my own values and standards.
7. I have a right to pursue my dreams.
8. I have the right to put myself first.
9. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
10. I have the right to determine my own priorities.
11. I have the right *not* to be responsible for others' behaviors, actions, feelings, or problems.
12. I have the right to hold others responsible for their actions.
13. I have the right to expect honesty from others.
14. I have the right to be angry at someone I love.
15. I have the right to protest.
16. I have the right to be uniquely myself.
17. I have the right to feel scared and say, "I'm afraid."
18. I have the right to say, "I don't know."
19. I have the right to say, "I need time."
20. I have the right not to give excuses or reasons for my behavior.
21. I have the right to make decisions based on my feelings.
22. I have the right to my own needs for personal space and time.
23. I have the right to rest when I am tired.
24. I have the right to be playful and frivolous.
25. I have the right to be healthier than those around me.
26. I have the right to be in a non-abusive environment.
27. I have the right to advocate for, and be the expert on, my feelings.
28. I have the right to love and be loved.
29. I have the right to earn and control my own money.
30. I have the right to ask questions about anything that impacts my life.
31. I have the right not to be liked by everyone.
32. I have the right to make friends and be comfortable around people.
33. I have the right to disagree with a friend and keep the friendship.



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34. I have the right to change and grow.
35. I have the right to make a big deal out of things that are a big deal to me.
36. I have the right to have big feelings, even if they make other people uncomfortable.
37. I have the right to cry.
38. I have the right to have as much sex or as little sex as I want to.
39. I have the right to work at a job where I feel good about myself and my contribution.
40. I have the right to disappoint others to be true to myself.
41. I have the right to leave any situation where I have to shrink myself to fit in.
42. I have the right to be awkward.
43. I have the right to be quiet.
44. I have the right to my truth, even when disagreed with by others.
45. I have the right to have my needs and wants respected by others.
46. I have the right to be treated with dignity and respect.
47. I have the right to heal.
48. I have the right to forgive myself.
49. I have the right to be happy.
50. I have the right to control my own life and change it if I am not happy with it as it is.