

Just like we have Personal Bill of Rights just based on the simple fact that we are human, so do other people. Learning to understand and respect that other people have Personal Bill of Rights is one of the major awareness that can help in the process of letting go.

Below you will find a list of some Personal Bill of Rights.

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.
3. I have the right to express all of my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not have to be perfect.
6. I have the right to follow my own values and standards.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for others' behaviors, actions, feelings, or problems.
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 uniquely myself.
13. I have the right to feel scared and say, "I'm afraid."
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 needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to 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 needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.
26. I have the right to let go of things that no longer serve me well.



Letting go Affirmations

Everything I need in my life already exists within me.

I release my expectations to open myself to the beauty of life.

I gently release my need for control.

I accept that others may not share my path or desires.

I am thrilled with everything exactly as it is now.

Each time I breathe, I relax and let go.

I have everything I need.

I trust God. (Higher Power)

I let go of my anger.

I trust all things work together.

I let go of my fear.

I honor others' truths and paths.

Write your own letting go affirmations below:

Four sets of horizontal dashed lines for writing, with a vertical dashed line in the center.

When we are upset, our thinking can be impacted in unhealthy ways. Our thoughts can become distorted or unbalanced... "Stinking Thinking/ Thinking Traps." These thinking traps can keep us stuck and make it difficult for us to let go and move forward.

When we are unable to let go of things that are not serving us well it is difficult for us to make space for things that are healthy for us.

