



My Freedom Manifesto

I, _____

Declare that I will NO longer.....

see only what should be, was or will be;
say only what I think I “should” say;
feel only what I was told I ought to feel;
wait for permission to ask for what I want;
not take risks in order to *seem* secure.

Instead I pledge to myself a commitment to.....

**SEE AND HEAR WHAT IS HERE;
SAY WHAT I FEEL AND THINK;
FEEL WHAT I FEEL;
ASK FOR WHAT I WANT;
TAKE RISKS ON MY BEHALF;
(add any others here) _____**

Here are some ways I will step into my freedom manifesto:

Signed,

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