

THE FIVE FREEDOMS

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THE FIVE FREEDOMS

1. --To See and Hear--

**what is here,
instead of what should be,
was, or will be**

2. --To Say--

**what one feels and thinks
instead of what one should**

3. --To Feel--

**what one feels,
instead of what one ought**

4. --To Ask--

**for what one wants,
instead of always waiting
for permission**

5. --To Take Risks--

**in one's own behalf,
instead of choosing to be
only 'secure'
and not rocking the boat**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**