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## YOUR BILL OF RIGHTS

Remember back in Chapter 3 when you created that beastly list of shoulds? Those were all the demands that you place on yourself, and that you imagine others expect of you. You also marked the ones that seemed excessive, rigid, or oppressive with an unhappy face. Take a moment to review that list now.

Where is this list guiding you? What impact is it having on your life? On how you feel day to day? To me, this list represents bondage—being a slave to our tyrannical inner demands and dictates. A slave to rules that keep us frightened, small, and anxious as we frantically attempt to satisfy them.

Take a look at that list. Is it really possible to satisfy all of them? Are some of them even conflicting, like, “speak up for yourself and say what’s on your mind” and “don’t ever hurt anyone’s feelings, ever”? How does that work? It doesn’t. Conflicting rules, as well as rigid or extreme rules, just lead to a perpetual sense of falling short, failing, and guilt.

You need a new set of rules. Better yet, you need a list of rights, things that you are allowed to do in any situation. A list of rights encourages authenticity, freedom, self-expression, and being who you really are in the world. It preserves your self-respect, personal power, and autonomy. It moves you forward and lets you create the life you want.

Ready? Let’s do it now.

### **YOUR NEW LIST**

If you could wave a magic wand and instantly become free of fear, guilt, or the need to make others see you a certain way, how would you be? Take a moment to ponder that one. Let anything and everything come to your mind. Don’t try to determine if it’s the most intelligent or “best” way to behave, just let your fantasies run wild for a moment. Imagine you are completely free of worrying about what

anyone thinks of you. You are completely relaxed, comfortable, and confident in yourself no matter what... What would you do? Take two minutes now to really think about that.

Now, let's turn some of those images and ideas into a quick list. Just write out a list of things you might do if you had no fear, no guilt, and no doubt in yourself.

For example, maybe you were seeing images of yourself smiling at others as you met them, being charming and smooth. Maybe you saw yourself interrupting and shutting down Andy, that jerk who always interrupts you at work, or telling off Janet for all those times she lied to you. Maybe you imagined yourself being a head honcho or powerful leader in your work or career.

If this were the case, then your list would look like this:

I'd smile and be charming with people I just met.

I'd interrupt Andy and give Janet a piece of my mind.

I'd be a powerful leader in my company.

Make sense? Don't overthink it, just keep it quick and simple. And don't censor it or make it look pretty. This is not for anyone else, and this isn't a polished mission statement or ten-year plan. This is just for you. As always, I'll play along too. Because if I'm not getting a little uncomfortable, and getting my hands dirty, then how am I growing right alongside you as we do this? So here we go. Let's both go make our lists. Start with this phrase at the top of the page:

"If I had no fear, guilt, or doubt, I would..."

Ready? Let's do it now.

Good. How did it go? Was it easy to come up with things? Hard to imagine? Did it make you uncomfortable in some way even to

create the list? Sometimes just imaging being more fearless, badass, and guilt-free induces fear and guilt.

Don't worry about that. As long as you were able to create something, you're in good shape. If not, then I'm afraid you will die a terrible, terrible death. No, I'm kidding. But you won't get nearly as much out of this section, or this book if you're just a passive viewer along for the ride. If you step up, play full out, and are willing to do whatever it takes, then you will break through to a new level of power and confidence that will make all the work worth it.

I noticed that my list was just a few things at first. I sat back and smugly congratulated myself. It must be because I've done so much boldness training and confronted so many of my fears that I indeed do most of the things I'm scared of. I clearly am awesome. And then I thought of something else to add. And then something else. And I started to reflect on my recent interactions—with colleagues, clients, and people I just met. I started to see the subtle ways I still hold myself back out of fear, or niceness. And my list grew. Here's what I came up with:

I'd email my list about group openings.

I'd email my list about things more often in general.

I would personally invite 10 people to my Mastermind program.

I would more passionately tell people about what I did for work, what my mission is.

I would talk more about my accomplishments.

I would be even less nice.

I would change the subject more often.

I would end conversations more quickly with some people.

I'd say what I was perceiving more during conversations, even with people I just met.

I would be even more irreverent, and make more jokes, even with people I just met.

I'd amuse myself more in conversations.

I would challenge, call out, or give direct feedback to certain clients more often.

I would say whatever needs to be said in order to serve, even if that upset a client or led them to want to stop working with me.

I would interrupt and redirect certain clients more.

I would talk and teach more during group calls when I felt like it.

I'd be even less flexible with my schedule and say no more, even if that meant losing a client.

I would say no to way more things.

I'd make this book as long as I feel it needs to be, without cutting parts out to make sure people can get through it quickly.

I'd prioritize fun, fascination, love, and contribution over everything else, even if that means earning less money.

I'd ask my mentors direct questions and bring up the challenges I have with some of the things they say or teach.

You know you're on the right track when you start to feel a little (or very) nervous as you write your list.

This list in itself is extremely valuable. It gives you a window into all the ways you could grow. It highlights what is outside of your comfort zone, and all the ways you could become more bold and powerful right now. But we want to go even further. This list could change. Some of these items you may actually want to do, and some you might not want to do. Some might be outrageous or unwise to do at this time. I don't know what's on your list; but I do know this list points to your core desire to be a free, expressive, authentic human. This is more important than the specific items on your list. This is about your right to say, do, and be what you please—your rights as a liberated human.

## **YOUR RIGHTS**

Let's make a list of those rights now. Drawing from the kinds of things you'd like to be able to do in the world, ask yourself:

What are my rights? What am I allowed to do? What am I entitled to?

When you ask yourself these questions, don't look at the past. Don't look to what mom or dad said was OK, or how you "should" be. Look inward, to your own heart, and tune into your own intuition. Look forward to the kind of person you want to be, the kind of person you're destined to be. Imagine the most free, bold, happy, successful, authentic, and powerful version of you. What rights does he or she have?

Below are some of mine. As you read this list, see which ones stand out to you. You are free to adopt any that resonate. You may also notice some push your buttons, or seem offensive or somehow "wrong". That's OK too. You might find that ultimately those are not going to be in your bill of rights. Or, you may find that you secretly wish you too could have that right, but there is still too much nice-person programming that is blocking you from fully allowing it. If that's the case, that should be resolved by the time you reach the end of this book.

## **MY RIGHTS:**

I have the right to approach anyone I want to start a conversation with.

I have the right to change the subject or end the conversation whenever I would like.

I have the right to insert myself into a conversation and interrupt someone who's speaking.

I have the right to say "no" to anything I don't want to do, for any reason, without needing to justify it or give an excuse.

I have the right to ask for what I want.

I have the right to ask why and negotiate if someone initially says “no.”

I have the right to offer anything to anyone, any number of times (and they have the right to say no).

I have the right to change my mind; I do not always need to be logical and consistent.

I have the right to ask questions whenever I'd like to know something.

I have the right to disagree with others (even if they know more about the subject than I do).

I have the right to share my perspective, even if someone might disagree or temporarily be uncomfortable.

I have the right to make mistakes, mess up, or otherwise not be perfect.

I have the right to not be responsible for others, including their feelings and problems.

I have the right to take time and space to be by myself, even if others would prefer my company.

I have the right not to have to anticipate others' needs and wishes. If they have them, they can express them.

I have the right to say yes to having sex, to enjoy sex, and to pause during sex to have a conversation.

I have the right to be treated with respect.

I have the right to expect honesty and integrity from others.

I have the right to feel all of my feelings, including anger, grief, sadness, and fear.

I have the right to feel grief about something for as long as that grief persists.

I have the right to feel something or do something without needing to justify myself to others.

I have the right to feel angry at those I love, and to express it in a responsible manner.

I have the right to express my feelings assertively while respecting others.

I have the right to choose how much I want to see a friend or someone I'm dating, and end the relationship if it does not feel desirable to me.

There you have it. My bill of rights. How does it feel to read? Empowering? Edgy? I can tell you this, writing it feels good. As I wrote, I was smiling, my head was nodding, and I could almost hear it as a sermon some impassioned Southern Baptist preacher might make.

Let's create your bill of rights now. You can use as many as you like from my list, exactly as they are, or tweak them slightly to fit your wording and preferences. You can also add as many more as you like. Let yourself get into the creation of this list. Let it be liberating and fun. Ready? Begin.

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Welcome back, and well done. This is something that the vast majority of people will never consciously think about. They'll never take the time, energy, and focus to map out their own personal rights

like you just did. This is a big step towards freeing yourself from your old nice programming and living life on your terms.

I suggest you print your bill of rights and have it somewhere that you can see often. The more you can keep this list in your conscious awareness, the more it will influence you now. This list is your guiding force. Read it before you go to work in the morning. Read it before you have an intimidating meeting or presentation. Read it before you go out with friends or on a date. Read it before you spend time at the family gathering or go visit your parents for a weekend. Read it whenever you need to remind yourself of what you are allowed to do, regardless of what you were taught growing up. This will keep your guidance coming from within, from your values, which makes you a much stronger, self-directed leader in your own life.

## POWER, BOLDNESS, AUTHENTICITY

Earlier in this book, we discussed the opposite of nice. As we move forward into the five pillars of becoming less nice, including having boundaries, owning your shadow, speaking up for yourself, being more selfish, and saying no, it's important to reinforce our primary goal, which is to make you a more free, happy, and healthy person.

The opposite of nice is not to be mean, cruel, harsh, attacking, careless, heartless, or bad. The opposite of nice is power, boldness, and authenticity.

Power is your ability to choose your direction, action, and destiny. It's your ability to feel equal to those around you, rather than inferior. It's your ability to stand tall, look people in the eye and be powerful on this planet—a force for good, a force to be reckoned with.

Boldness is your ability to hurdle over risks and dive into the unknown. It's your ability to break free from the herd, to do what others dare not—not because it's too dangerous or reckless, but be-