

The Five Freedoms

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To see and hear
what is here,
instead of what should be,
was, or will be.



To say
what I feel and think
instead of what I should.

To feel
what I feel
instead of what I ought.



To ask
for what I want
instead of always waiting
for permission.

To take risks
on my behalf,
instead of choosing
to be safe
and not rock the boat.

