

African Centered Wellness Bill of Rights©

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*I have a right to **Imani, Faith-Spiritual Wellness** and to live my life in a way that honors that I am a child of the Creator.*

*I have a right to **Kujichagulia- Self Determination-Physical Wellness** and to have access to safety, adequate food, housing, and health care to keep my body strong.*

*I have a right to **Ujima- Collective Work & Responsibility-Emotional Wellness** and to have a safe place to share my feelings and deal with anger, trauma, grief, and fear.*

*I have a right to **Umoja-Unity-Social Wellness** and to have a community that supports my dreams and my spirit so that I never have to suffer or celebrate alone.*

*I have a right to **Busara-Practical Wisdom-Academic/Intellectual Wellness** and to have an opportunity to gain the practical and technical knowledge that I need to achieve my greatest potential as a human being.*

*I have a right to **Nia-Purpose-Vocational Wellness** so that I can work in a job that brings me joy and fulfills my Divine Purpose on this earth.*

*I have a right to **Ujimma-Cooperative Economics-Financial Wellness** and to be debt free, financially stable and independent so that I can take care of myself, my family and my community in the manner in which I desire.*

*I have a right to **Kuumba-Creativity-Cultural Wellness** and to be recognized for who I am and for where I come from so that my language, spirit, my values, and my culture will be honored and nurtured as a Unique strength that I possess.*

*I have a right to **MURUA- Respect. Balance. Wholeness. and Shared Power.**
I have a right to Abundant Life.*