

P E R S O N A L M A N I F E S T O

B E K I N D • BE THOUGHTFUL • LIVE WITH COMPASSION • LOVE ANIMALS

SMILE AT STRANGERS • EMBRACE CHANGE • F O L L O W Y O U R P A S S I O N S

IGNORE THE FEELINGS OF SELF DOUBT • MAKE YOUR OWN PATH • S L O W D O W N

IF IT FEELS LIKE YOU SHOULD DO IT, THEN DO IT • BE IN NATURE EVERY DAY

DRINK MORE WATER • GROW AS A SPIRITUAL BEING • **RELEASE ANGER AND BLAME**

BREATHE DEEPLY • LOVE YOU, FOR WHO YOU ARE • INSPIRE OTHERS

STOP AVOIDING THINGS THAT NEED TO BE DONE • **LAUGH ALL THE FUCKING TIME**

CELEBRATE AND GET EXCITED ABOUT SMALL THINGS • TRUST YOUR INSTINCTS

FOLLOW YOUR HEART • TRY AND SEE THE WORLD THROUGH THE EYES OF A CHILD

AMAZE YOURSELF • BE SOMEONE YOUR LOVED ONES CAN RELY ON

DON'T FOLLOW THE NORMAL • **HAVE A FEW DRINKS** • TRY TO STOP WORRYING

COOK WITH 10 TIMES MORE GARLIC THAN THE RECIPE SAYS • D A Y D R E A M

BE THANKFUL FOR EVERYTHING YOU HAVE • **FIND MEANING AND LOVE IN TINY STUFF**

STAY UP LATE SOMETIMES AND GO TO BED REALLY EARLY SOMETIMES

CLOSE YOUR EYES AND THINK OF SOMEONE YOU LOVE • GIVE, PEOPLE LOVE TO RECEIVE GIFTS

COMMIT BIG TO YOUR PARTNER • **DO SOMETHING ABOUT THE SHIT THAT GETS YOU FIRED UP**

OPEN YOUR MOUTH • RESPECT SOMEONE ELSE'S OPINION • HAVE A GOOD SCREAM

SAY I LOVE YOU • TRY AND SLEEP WHEN YOU ARE TIRED

DON'T BELIEVE YOU ARE WEAK BECAUSE SOMEONE ELSE DOESN'T UNDERSTAND YOUR SITUATION

C R Y C A U S E Y O U M I S S S O M E O N E

EAT LOTS OF GOOD FOODS • **LAUGH BECAUSE YOU MISS SOMEONE** • FIND YOUR VOICE

B R E A K A F E W R U L E S • B U Y L O T S O F C R Y S T A L S

BELIEVE IN MAGIC • LISTEN TO WHATEVER MUSIC LIGHTS YOU UP

LET A CHILD BE A CHILD • DON'T DIM SOMEONE ELSE'S LIGHT