

MY MANIFESTO

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35 THINGS

I know to be true

MY MANIFESTO

Life is not a dress rehearsal. Choose to respond rather than react. One of something is often plenty. Mindset matters. The journey is at least as important as the destination.

Gratitude is available 24/7. If you're living someone else's life, stop. What you focus on multiplies. Your worth and productivity do not equate. It takes a lot of small "nos" to get to a bigger "Yes!"

Fear is for moving through, not for staying stuck in. Growth doesn't happen in your comfort zone. Give yourself the gift of being engaged in life. Clarity is worth seeking. Get out of your own way.

Reinvention is your right. There's more to life than marking off your To Do list. Don't settle for an environment that doesn't energize. Awareness without action is only half the equation. Contribute; then contribute some more.

Midlife crisis or midlife awakening? You decide. Don't let consumerism consume you. Living your strengths is incredibly attractive. Listen and silent have the same letters. Loving someone is an act of bravery.

You teach people how to treat you. Relationships don't evolve unless you do. Don't let your livelihood kill your zest for living. Passion and purpose aren't only for other people. Knowing you are enough changes everything.

Have a fantastic relationship with yourself. Be curious. Kindness counts is not a cliché. Don't forget to look both ways, but then get into action and cross the street. Waiting to be happy is the worst kind of wasted time.