

# MY MANIFESTO

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**35 THINGS**

I know to be true

# 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.