



_____’s Manifesto

When I wake up in the morning, I smile as the sun hits my face. My feet hit the floor and I slip on my soft caramel colored slippers and my comfy robe as I head downstairs to the smell of rich coffee. I feel _____ about my day as I enjoy each slow sip before the rest of the house wakes up. I enjoy a satisfying _____ for breakfast before I head upstairs to get dressed. I choose my favorite outfit and feel _____ as I put it on. I wash my face and fix my hair. I look in the mirror and feel _____ of how far I have come. I never thought I would feel _____ and _____. My day is per usual. I have a _____ lunch with a friend finish my day and head home. I make my friends (or coworkers) feel _____ and _____ (fill in words your friends sent you). When I walk through the door I _____ to unwind from my day. As I prepare dinner I feel _____. The day ends with a _____ meal and I feel _____. Maybe I want a snack later or maybe I don’t but it feels amazing not to be _____. I fall asleep feeling _____.

Use the words below to fill in how you want or imagine your life to feel at the end of this journey. Edit the document with your words and print it out for your journal.

Read it every day or in times of struggle to remind you of where you’re headed and to let go of stories of the past.

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|--------------|------------|------------|-----------|-----------|--------------|
| Calm | Peaceful | Sexy | Loved | Confidant | Motivated |
| Comfortable | Satisfying | Delicious | Happy | Kind | |
| Accomplished | Proud | Fierce | Fabulous | Pretty | Beautiful |
| Smart | Fit | In control | Connected | Restful | Put together |