

## \_\_\_\_\_ '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 everyday or in times of struggle to remind you of where you are headed and to let go of the stories of the past.

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