

# **My Manifesto**

**I will honor my spirit, my physical being, and what is true for me, first and foremost**

**I will embrace what is real, tangible and imperfect in my world.**

**I will live in courage, peace, grace, and humor in my thoughts and behavior.**

**I will seek and surround myself with others that value life, living, learning and love.**

**I will open myself to positive energy by maintaining a perspective of gratitude.**

**I will make known to the world my special gifts and beauty and welcome the manifestations of sharing those gifts.**

**I will honor my commitment to lifelong learning by trusting life; viewing even the most difficult situations as gifts.**

**I will always honor the human spirit.**

**It is my intention that my life is a reflection of these declarations.**