

10 Manifestos to Live Life on Your own Terms

- 1. Say YES to Yourself.** Give yourself permission to say yes to what makes you happy. Get out of your own way. Make yourself the priority. You are worth it.
- 2. CHOOSE You.** You are your own authority. Commit to making decisions that are aligned with your values and interests, bettering your own life and others'.
- 3. LOVE Yourself.** Be good to yourself. Be your own best friend. The way you treat yourself sets the tone in how others treat you.
- 4. BELIEVE in Yourself** so fiercely that you will become what you believe, and achieve what you conceive. Your past does not have to equal your future. Be willing to upgrade your beliefs to create your reality.
- 5. Take RESPONSIBILITY** for your own happiness, the life you want to live, and the actions you take. You have the power to choose how you want to look, feel and act in every moment.
- 6. Live MINDFULLY.** Be present. Make your decision from a place of clarity and peace. Take action.
- 7. Learn to SAY NO.** Time is precious. You can never buy more time. Spend it doing things and being with people that make a difference in your life and are worthwhile of your time. Know your boundaries.
- 8. Be Willing to LEARN & GROW.** Diversify. When you have options, you have more choice. Choice leads to freedom.
- 9. Be Your AUTHENTIC Self.** There's no one in the world that is like you. Accept yourself. As you grow and evolve, be the best version of you.
- 10. Live Your VALUES.** Your values make up who you are. Get to know them. They will help you to navigate your life, making informed decisions so that you can live happier.