



*Be Manifesto*

## I AM A WOMAN WHO...

Trusts myself.

Makes today's decisions for my future self.

I have my own back.

I am a magnificent problem solver.

I set boundaries.

I teach other people how to treat me by the way I treat myself.

I am a woman who is not afraid.

## I AM AWARE OF MY DESIRES - I KNOW WHAT I LOVE

I choose to invest in my health so I feel better.

I use my best stuff now and I don't save it for special occasions. I am worth it.

I know my favourite flower and fragrance.

I prepare my coffee, special drink, my tea with love and use my favourite glass or mug.

**JE**  
*good to great*  
FROM THE INSIDE OUT

I don't gossip or complain, it doesn't serve me.

I look for solutions, solutions lead to my dreams.

I don't fix myself, I create myself.

## I HAVE ENOUGH TIME

I have the same amount of time Richard Bronson has.

I spend 1 hour per week on my calendar, and honour it daily. It saves hours.

I schedule my free time first.

## I SHOW UP FOR MYSELF

I know my authentic style matters.

I dress on purpose.

I show up as my future self.

I hold myself in high regard.

When I take the time to look good, I feel better.

I honour myself daily.