



## Manifesto Musings

### It's Worth The Effort

As we look forward to 2025, we gently propose to all our mates that creating your personal manifesto is well worth the time and the effort.

We wish to explore with you the effort required to create your personal manifesto. We do believe it requires focussed attention where you have the opportunity to ponder, to reflect, and to consider. However, whilst it certainly can be done as part of a retreat, we believe it can also be effectively completed in a regular series of short-term bursts.

You don't need an uninterrupted day, weekend, or week where life stands still for you to focus solely on your priorities. The reason is simple: such an occasion might never arise. Life will always be full of things to do and places to be. That's perfectly fine because it is achievable to chip away at your manifesto in manageable, short sessions.

To give you a sense of scope, the audio recording of our book on Audible runs for 5 hours and 9 minutes. So that's approximately how long it takes to read or listen to our book. Could we suggest setting aside approximately the same amount of time to complete the exercises in the book should be about right. So, potentially, after ten focussed hours you will have a treasured, unique, personal document that can guide you through life's ups and downs, assist with difficult decisions, and help you live authentically while sharing your gifts with the world.

You might wonder, "Where am I ever going to find 10 hours?" We understand, but we also know that if it's a priority, you can find the time. For many, it helps to break it down into smaller, manageable sessions: perhaps 20 sessions of 30 minutes each or 40 sessions of 15 minutes. Aim for two or three such sessions per week. We believe you will enjoy the journey and, once started, you'll look forward to your next reflective session—a time to explore meaningful aspects of your past, present, and future.

One of our favourite inspiration cards reads, "There is nowhere for us to arrive at, but there is a way to be." Writing a personal manifesto is not about defining a specific destination to achieve or manifesting it in your life. Instead, it's about creating a cherished set of statements and thoughts about what is deeply important to you: who you want to be and how you want to live.

Almost everyone finds the process enjoyable, uplifting, and centering. But that's a topic for another blog.

As we wish all our My Manifesto mates the very best for 2025, we encourage those without a personal manifesto to prioritise their little, medium, or big bites of time to create one in the early weeks and months of the new year.



We're here to help. We offer 1:1 support, retreats, weekly online sessions, and resources for those who prefer to work quietly at their own pace and style.

You are worth the effort. Creating your personal manifesto is worth it, too. Your future self and loved ones will thank you for the time you invest.

With love and best wishes for 2025,  
Justin & Sue