



Manifesto Musings

I Feel So Understood

A dear American friend wrote to us this week, sharing that they had completed their personal manifesto. Below are just a couple of brief extracts from our email conversation:

From two weeks ago...

"I'm on page 93 of the book and I already feel like I have a cornerstone to my manifesto. And wow — it feels so true, so right, so me, and so important for my next three decades. So thank you already! Can't wait to see what else emerges!!"

From two days ago...

"I feel so understood — by myself through doing the work of the Manifesto process — and by you both in reflection. Thank you with my full heart."

The phrase *"I feel so understood"* touched us deeply. Our book is designed to compassionately guide people toward clarity and self-understanding through a deliberate sequence of steps, questions, and exercises. Too often, we neglect to prioritise time for self-reflection, to articulate what deeply matters to us. It is incredibly rewarding to see our book facilitate this process for individuals and communities. You don't need to set aside an entire weekend or retreat to engage with this work. While that is certainly an option, you can also benefit by reading just a page a day, reflecting on a specific question or exercise during your commute, or using a thought-provoking quote from the book to spark a meaningful conversation over dinner. There are countless ways to engage with this journey, and we trust you will find one that suits your current stage in life.

I close with this generous testimonial from our dear friend:

"I have just completed the work of this powerful book and am stunned by the depth of reflection it offered me, the clarity it enabled, and the possibilities that now seem open to me. I am also surprised by the way it ignited a deep love for my future. I now have a clear direction—one that can be activated in many ways, both professionally and personally — and, even in my not-so-young 60s, I see my life as expanding rather than contracting. As I live into what I have uncovered here, I am confident that my sense of a life well-lived and a meaningful legacy will be fulfilled."

To all our *My Manifesto* mates, never hesitate to reach out—we love hearing your stories, understanding your challenges, and celebrating your newfound clarity. If you're finding it hard to get started or struggling to prioritise this work, you may be interested in joining us for guided support. We're about to announce a four-part series of live, online workshops where people from around the world can come together to embark on the journey of creating their personal manifesto.

Go well!