



Manifesto Musing

When Life Gets Loud, Let Your Manifesto Speak

Why your hardest days are when your personal manifesto matters most

We often describe a personal manifesto as *aspirational*. It's a document written in hope. In clarity. In moments when we have just enough space to pause, reflect, and ask ourselves the deeper questions: *Who do I want to be? What truly matters? How do I want to show up – especially when it counts?*

And yet, one of the most powerful truths we've learned through this work is this: Your manifesto doesn't just belong to your best days. It comes into its own on your hardest ones. The days when things feel heavy. When decisions feel blurred. When energy is low, confidence wobbles, or life simply doesn't go to plan.

It is in those moments – not the polished ones – that your manifesto begins to work *for* you. Written in your words. Anchored in your values.

Unlike advice from others, inspirational quotes, or well-meaning encouragement, your personal manifesto is different for one simple reason: It is written in *your* words. Your phrases. Your language. Your articulation of what matters most.

In *My Manifesto*, we invite readers to slow down and craft statements that feel true – not impressive. Honest – not perfect. Grounded – not grand. Because when you return to those words during a difficult season, something subtle but powerful happens. You're not being told what to do. You're being reminded of who you are.

As we write in the book: *"A manifesto is not about predicting the future. It is about declaring who you choose to be, regardless of what the future brings."*

Re-reading those declarations on a hard day can be grounding. Comforting. Steadying.

We know this not just in theory, but through the voices of people who have done this work – and then returned to it when life tested them.

Over the past four years, as our work has evolved – from the book, to workshops, to private and public groups – one response has come up again and again. Almost universally.

"I'm so glad I did this."

"I'm proud of what I wrote."

"I didn't realise how much I'd need this."



Not because life became easier.

But because *they* became clearer.

Your manifesto becomes a reference point when emotions run high. A reminder when you're pulled off course. A quiet but firm voice when everything else feels noisy. That is why we humbly believe this may become one of the most important things you ever write – not because it is perfect, but because it is personal.

Yes, it takes time. And that's the point. We're the first to acknowledge this work takes time. You don't rush a manifesto. You *chip away at it*. You revisit it. You let it evolve as you move through the book and through life.

Some people seek accountability by joining one of our public workshops. Others prefer private groups or tailored sessions. Many do the work quietly, at their own pace, returning to pages, prompts, and questions when the timing feels right.

There is no single "right" way to do this – only an honest one.

If you, your partner, your family, your colleagues, or even your neighbours feel ready to explore this work, we warmly invite you to connect with us. Visit our website. Purchase the book. Or simply reach out with a question – we're always happy to help.

Because while a manifesto may begin as an aspirational document, it often becomes something far more meaningful: A companion. An anchor. And, on the days you need it most, a reminder of who you have already decided to be.

Go well!