

# CREATING YOUR *personal* MANIFESTO



HOW DO I MAKE THIS REAL? HOW  
DO I MAKE THE JUMP FROM WHO  
I'VE BEEN TO WHO I'M BECOMING?

IT'S NOT ENOUGH TO "KNOW THE THING" WE MUST EMBODY IT.

We spend a lot of time in this group learning concepts. We can read about how to play a violin. We need to pick one up and practice before we're performing at Carnegie Hall.

# IT'S EASY TO FORGET

## LIFE GETS IN THE WAY

When we see those same people at work, or those family members, or exes that "trigger" us, it's easy to fall back into the old patterns of life.

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## GIVE YOUR NEW IDENTITY A NAME

This isn't complicated. You just need a name that isn't your own. When you lack strength in the moment, you want to be able to call on your new identity. Eventually, it will stop being something you do, and become who you are.

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## STOP ACCEPTING WHO YOU HAVE BEEN

Every time you catch yourself in the old program - that's great. Before, you wouldn't even have caught yourself. We've done a lot of growing these last few months. Now, it's time to make a declaration of who we are living into. It's time to change the operating system. FOR GOOD.

PART ONE

# THE PILLARS *of* SUCCESS



# WE'VE DONE A LOT OF WORK ON CRAFTING IDENTITIES

Start by recognizing the OLD YOU.

The version of you that **existed before today** is built on **patterns you've practiced and memorized over time**. These habits and beliefs have created an **identity** that feels familiar but may no longer **serve your highest self**. The moment you become aware of this, you unlock the power to reshape your identity and embody your truest self - one that you **consciously create**.



# CONNECT TO THE FEELING AHEAD OF THE EXPERIENCE.

**What we're really chasing isn't the outcome—it's the feeling the outcome promises.**

The magic? You can connect to that feeling now. Feel it in your body.

Tune out the noise of the day and tune into the emotions of connection, fearlessness, liberation, love, playfulness, grace, and power.

## WHEN DOUBT CREEPS IN

If you find yourself thinking, "This isn't possible," it's time to expand your identity. Ask better questions:

- What if I could move beyond my past?
- What if my life experiences are just a foundation, not a limitation?

# THE WORLD IS YOUR MIRROR - AN EXERCISE

**Who do you admire? What about them do you admire? Let's make a short list of people.**

Some of mine include: Celine Dion, Amal Clooney, Lady Gaga, Angelina Jolie, my friend Jenni, Oprah, Sallie Krawcheck, Edith Eger etc. Once you have your list, write a few of the adjectives that describe them. For example, Lady Gaga is creative and authentic, Edith Eger represents strength and the power of the female spirit, Oprah is wise, Amal represents brains and elegance. You get the idea.

THE WORLD REFLECTS BACK WHAT YOU BELIEVE  
ABOUT YOURSELF.

Recognize that these qualities are also within you. These people are your mirrors, showing you what's possible.



REMEMBER WE MENTIONED  
BEFORE ABOUT “GIVING HER A  
NAME?”

# LET'S ACTUALLY DO IT!

DON'T OVERTHINK IT. Find a name, any name and commit to it. Be aware that if you're having trouble with this step, you may also be struggling with making a commitment to your most authentic self.

*My name this year is Grace.*

# WHY CHOOSE A NEW NAME?

Your birth name is deeply ingrained in your subconscious, **tied to years of experiences, beliefs, and patterns** — many of which no longer serve you. By giving this part of you a new name, you're intentionally stepping into a **fresh identity, free from the limitations of the past.**

This name acts as a beacon, a symbol of the habits, beliefs, and actions of your empowered future self.

It provides clarity and **focus**, helping you call upon the version of you that is fearless, aligned, and limitless whenever you **need her most.**

*Remember the bracelet?  
This all goes together.*





# BUILDING THE PILLARS OF YOUR TRANSFORMATION

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To craft a pillar of success in any category of your life, you need to focus on five key tenets: **Outcomes, Identity, Strategy, Old Self, and New Self**. These tenets work together to give clarity, direction, and purpose as you move toward your goals. Here's how to apply them:

1

Choose your category (next slide) This is one of the areas you're **prioritizing** this year.

2

What **outcomes** will you achieve? Define the results you want to achieve in this category. Be specific and measurable.

3

Ask yourself: When I achieve this outcome, how will I feel? These feelings represent the essence of your new **identity**. Use descriptive, powerful words.

4

List the **specific actions** you need to take to achieve these outcomes. Create a menu of ways to get to your outcome.

5

Reflect on who you were in the **past** and identify behaviors or beliefs that **held you back**.

6

Define the version of you who will **achieve** these outcomes. What **new behaviors and beliefs will replace the old ones?**



HERE ARE SOME CATEGORY EXAMPLES

## **Physical Body and Power**

Enhancing strength, vitality, and energy through movement, nutrition, and self-care.

## **Wealth and Abundance**

Building financial independence, security, and opportunities for generous living.

## **Relationship and Partnership**

Cultivating love, intimacy, and meaningful connections with others.

## **Parenting and Family**

Supporting the growth, education, and emotional well-being of children and family.

## **Professional Development**

Advancing in purposeful work, achieving professional goals, and creating impact.

## **Spiritual Connection**

Deepening a sense of purpose, alignment, and connection to something greater.

## **Creativity and Expression**

Exploring and sharing artistic talents, ideas, and unique perspectives.

## **Adventure and Exploration**

Embracing travel, discovery, and trying new, enriching experiences.

## **Joy and Celebration**

Finding happiness in everyday moments and appreciating life's blessings.

## **Emotional Resilience**

Developing emotional intelligence, adaptability, and strength to navigate challenges.

## **Mental Clarity and Growth**

Strengthening mindset, focus, and continuous learning for personal development.

## **Freedom and Flexibility**

Designing life to allow independence, adaptability, and ease.

# THE PILLAR SYSTEM

CATEGORY

CATEGORY

CATEGORY

OUTCOMES

OUTCOMES

OUTCOMES

IDENTITY

IDENTITY

IDENTITY

STRATEGY

STRATEGY

STRATEGY

OLD SELF

OLD SELF

OLD SELF

NEW SELF

NEW SELF

NEW SELF



# THE PILLAR SYSTEM

CATEGORY

CATEGORY

CATEGORY

OUTCOMES

OUTCOMES

OUTCOMES

IDENTITY

IDENTITY

IDENTITY

STRATEGY

STRATEGY

STRATEGY

OLD SELF

OLD SELF

OLD SELF

NEW SELF

NEW SELF

NEW SELF

# THE PILLAR SYSTEM

## CATEGORY

Physical Body and Power

## CATEGORY

Career and Wealth

## CATEGORY

Romantic Relationship

## OUTCOMES

My body is my temple. I have only respect for her. I am pure energy - nourished, vibrant, youthful, radiant. I dance around in my underwear and "take up space". I feel confident naked and love bikini shopping. I indulge in wellness rituals like cold water plunges and massages regularly.

## OUTCOMES

I have financial freedom and have more than enough wealth to cover any lifestyle I can imagine. I have created a "money machine" with residual income. I am my own boss. My career is creating opportunity for single parents so that no one has to go through what I did.

## OUTCOMES

All of the relationships in my life are deep and fulfilling. My romantic partner and I are deeply in love. He loves Kieran as though he were his own. We inspire one another, evolve our relationship and together - are greater than the sum of our parts.

LET'S START WITH

# OUTCOMES

*health*

01

WHAT DOES MY IDEAL LEVEL OF HEALTH AND FITNESS LOOK LIKE, AND HOW WILL I KNOW I'VE ACHIEVED IT?  
HOW DO I WANT TO FEEL IN MY BODY EVERY DAY, AND WHAT WOULD THAT ALLOW ME TO DO?  
WHAT SPECIFIC HABITS OR MILESTONES (E.G., STRENGTH, ENDURANCE, OR ENERGY LEVELS) DO I WANT TO REACH THIS YEAR?

*wealth / career*

02

WHAT FINANCIAL OR CAREER GOALS WOULD MAKE ME FEEL ABUNDANT AND FULFILLED?  
HOW DO I WANT TO BE PERCEIVED IN MY PROFESSIONAL LIFE, AND WHAT DOES SUCCESS LOOK LIKE TO ME?  
WHAT'S ONE SPECIFIC ACHIEVEMENT IN WEALTH OR CAREER THAT I WANT TO CELEBRATE BY THE END OF THE YEAR?

*relationship*

03

HOW DO I WANT MY ROMANTIC RELATIONSHIP TO FEEL ON A DAILY BASIS (E.G., CONNECTED, PASSIONATE, PLAYFUL)?  
WHAT SPECIFIC EXPERIENCES OR MILESTONES DO I WANT TO SHARE WITH MY PARTNER THIS YEAR?  
HOW DO I WANT TO GROW AS A PARTNER, AND WHAT WOULD THAT BRING TO MY RELATIONSHIP?

*purpose*

04

WHAT IS THE ONE THING I FEEL MOST CALLED TO CREATE, CONTRIBUTE, OR ACHIEVE THIS YEAR?  
HOW DO I WANT MY DAILY LIFE TO REFLECT MY VALUES AND PURPOSE?  
WHAT WOULD LIVING WITH COMPLETE CLARITY AND ALIGNMENT LOOK LIKE, AND HOW WOULD IT FEEL?

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## IDENTITY

peaceful, youthful, glowing, radiant, energized, electric, natural, dancer, take up space, elegant, graceful, athlete, fresh, glowing, connected, embodied, healed

## IDENTITY

equanimity, intelligent, generous, free, abundant, calm under pressure, respected, gracious, wise, dedicated,

## IDENTITY

fun, adventurous, sexy, well travelled, hold hands, admired, evolved, open, grow, playful, committed

# IDENTITY

*prompts*

- How do I want to feel when I achieve this goal?
- If I were already living as the person who achieved this outcome, how would I describe myself?
- What feeling words resonate with the person I'm becoming?
- How does my future self show up in the world, and how does that make me feel?
- If I could choose one word to define my new identity, what would it be?
- How do I want others to perceive me once I've stepped into this identity?
- What emotional transformation will I experience as I embody this identity?
- If I woke up tomorrow as the person who had already achieved my goal, how would I act, think, and feel?
- What do I love most about how this new identity feels in my body and mind?
- How will adopting this identity change the way I approach my daily life?



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## STRATEGY

60 min physical activity daily, walk, skin care routine, drink appropriate water, check in with Dr. Kate quarterly, build my "EMBER" program and do it daily, drink tea in evenings over food, monitor blood sugar not calories, dance daily

## STRATEGY

read at least 3 financial books a month, create public speaking reel, reach out to affiliates to expand reach, connect with media outlets, bring on new professionals to coach the group, evolve my offering to create massive value

## STRATEGY

create a space in my bedroom for my beloved, date at least 3x per month, join an adult sports team or club, go out with girlfriends

# STRATEGY

What are all the possible actions you could take to achieve this outcome?

This is a menu of all the possible choices you could make to get to your outcome.

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### OLD SELF

Ate at night when lonely, woke up after 8am, watched Netflix when tired, did not do strength workouts, forgot vitamins,

### OLD SELF

Loyal to a company that didn't love me back, lacked confidence to speak up, felt insecure and "behind", didn't attend networking events very often.

### OLD SELF

Didn't date period. Felt it wasn't worth my time. Identified as a "single mom" and didn't trust men.

# THE OLD SELF

What behaviours caused you to fall off track? Who triggered you in the past? What situations make you go unconscious? How have you "screwed things up" in the past? Who's that person, that just by existing - throws you off? Become aware of the old program, so that you catch yourself every time you play it.



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## NEW SELF

Wakes up early and doesn't check phone. Meditates every day and enjoys how her body moves. I ate healthy and enjoy cooking. I invest in my skin care and take on various fitness modalities that calm my nervous system. I dance often.

## NEW SELF

I travel the world looking for ways to improve the single parent experience. I network and publically speak regularly. I read at least 1 book a week and am a "connector". I speak with confidence and know what my purpose is.

## NEW SELF

I date, love getting dressed up and made up. I enjoy meeting new people. I am confident and have deep connections with people in my life. Going to events and doing special things excites me.

# THE NEW SELF

This is the solution to everything you want to overcome. Make the swap. Instead of passing through the drive-through on your way home, what can you do instead?



NOW YOU'VE GOT  
*a template* FROM  
WHICH YOU WILL  
CREATE YOUR  
*manifesto.*

# Let's Recap:

- 1 We talked about how to create a system whereby we can call upon the new **identity** on command.
- 2 We gave her a **name** and connected to the feelings of our new life, ahead of the experience.
- 3 We created the **pillars** of **success** with our chosen areas of focus.
- 4 Now, we're going to use these pillars to write our **manifesto**.





PART TWO

# WRITING *your* PERSONAL MANIFESTO







# **YOUR GUIDING QUESTIONS**

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**HOW TO I MAKE MY NEW  
SELF REAL?**

**HOW DO I MAKE THE JUMP  
FROM THE OLD SELF?**

**HOW DO I EMBODY THE NEW  
SELF?**

A woman with dark hair tied back, wearing large white-rimmed glasses, a black blazer, and black wide-leg trousers, is walking from left to right. She is wearing white slip-on shoes. The background is a textured, light-colored wall with strong shadows cast by architectural elements. The floor is a light, neutral color. In the bottom right corner, there are a few red and orange fruits, possibly apples or oranges, partially visible.

YOUR PILLAR SYSTEM BECOMES THE MAP TO YOUR MANIFESTO

It is an  
*agreement*  
between *you*  
and *you*.



# PERSONAL MANIFESTO

---

2025 IS MY YEAR OF...

WHERE I...

I AM...

I AM...

1

2

3

MY PURPOSE IS...

# MANIFESTO FORMULA

Choose your 3 pillars / categories



This is my year of...

☐

Where I...

☐

I am...

☐

I am...

☐

Pillar 1

☐

Pillar 2

☐

Pillar 3

☐

My purpose is...

☐



We chose our 3 pillars in the previous section.

## THIS IS MY YEAR OF..

CHOOSE 1 WORD OR PHRASE THAT EMBODIES YOUR EXPANSION THIS YEAR.

1. PROSPERITY
2. IMPACT
3. AUTHENTIC ALIGNMENT
4. FINDING MY TRUE SELF
5. HEALING
6. VICTORY

*30 seconds*

### MANIFESTO FORMULA

Choose your 3 pillars / categories



This is my year of..



Where I...



I am...



I am...



Pillar 1



Pillar 2



Pillar 3



My purpose is...



# WHERE I... (WHAT DOES IT MEAN TO EMBODY THE WORD?)

*hint: look at your pillars!*

LIVE IN BLISSFUL HARMONY WITH MY TRUEST SELF.

---

MOVE IN EFFORTLESS GRACE AND AM GUIDED BY INTENTION.

---

LIVE IN THE FLOW OF INFINITE ABUNDANCE AND PROSPERITY.

---

LOVE WITH OPENNESS, AUTHENTICITY, AND PASSION.

---

LET COURAGE LEAD THE WAY AND TRUST THAT LIFE IS HAPPENING FOR ME.

---

*2 min.*

MANIFESTO FORMULA	
Choose your 3 pillars / categories	<input checked="" type="checkbox"/>
This is my year of...	<input checked="" type="checkbox"/>
Where I...	<input checked="" type="checkbox"/>
I am...	<input type="checkbox"/>
I am...	<input type="checkbox"/>
Pillar 1	<input type="checkbox"/>
Pillar 2	<input type="checkbox"/>
Pillar 3	<input type="checkbox"/>
My purpose is...	<input type="checkbox"/>

What description words or feelings most  
embody this version of you?

**I AM...**

*Curious*

*playful*

*liberated*

*passionate*

*adventurous*

## MANIFESTO FORMULA

Choose your 3 pillars / categories



This is my year of...



Where I...



I am...



I am...



Pillar 1



Pillar 2



Pillar 3



My purpose is...



When you embody these qualities, how  
do you show up in your life?

**I AM...**

present to the beauty in all things  
connected from my head to my heart  
vibrant, and radiate light  
captivating to everyone I meet  
the creator of my own destiny

## MANIFESTO FORMULA

Choose your 3 pillars / categories



This is my year of...



Where I...



I am...



I am...



Pillar 1



Pillar 2



Pillar 3



My purpose is...





outcomes

# Pillar ONE

"the new me"

DESCRIPTION + I AM + I'M THE TYPE OF WOMAN WHO / THAT...

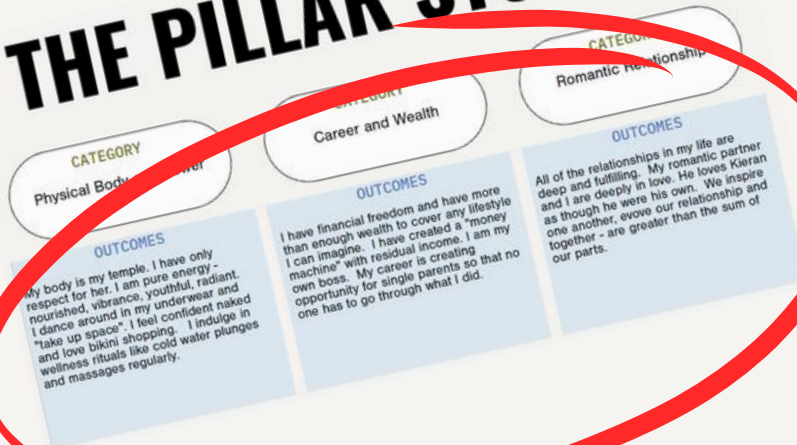
identity

## RELATIONSHIP

*I live a life of love, connection, and deep intimacy. I create meaningful relationships built on trust, respect, and joy, where vulnerability is met with compassion and growth. I am loving. I am radiant. I am deeply connected. I am the type of woman who loves wholeheartedly, communicates openly, and nurtures the people who matter most to me. I prioritize presence and authenticity, allowing my relationships to flourish and inspire everyone involved.*

refer to your outcomes for the description

## THE PILLAR SYSTEM



## MANIFESTO FORMULA

Choose your 3 pillars / categories

This is my year of...

Where I...

I am...

I am...

Pillar 1

Pillar 2

Pillar 3

My purpose is...



# *outcomes* **Pillar TWO** *"the new me"*

**DESCRIPTION + I AM + I'M THE TYPE OF WOMAN WHO / THAT...**

*identity*

## HEALTH

*I live a life of vitality, strength, and radiant energy. I honor my body as a temple and fuel it with nourishment, movement, and care. **I am** vibrant. **I am** strong. **I am** deeply aligned with my well-being. **I am the type of woman who** listens to her body, chooses habits that support her highest health, and treats herself with love and respect. I prioritize balance, mindfulness, and intentional living, allowing my health to thrive and inspire every part of my life.*

## MANIFESTO FORMULA

Choose your 3 pillars / categories



This is my year of...



Where I...



I am...



I am...



Pillar 1



Pillar 2



Pillar 3



My purpose is...



# *outcomes* Pillar THREE *the new me*

DESCRIPTION + I AM + I'M THE TYPE OF WOMAN WHO / THAT...

*identity*

## SELF EXPRESSION

*I live a life of authenticity, creativity, and unapologetic self-expression. I embrace my voice, my ideas, and my unique perspective as gifts to the world. I am creative. I am bold. I am free to express my true self. I am the type of woman who shares her thoughts with confidence, channels her emotions into art and creation, and inspires others through her authenticity. I prioritize being true to myself, celebrating my individuality, and allowing my self-expression to radiate in everything I do.*

## MANIFESTO FORMULA

Choose your 3 pillars / categories



This is my year of...



Where I...



I am...



I am...



Pillar 1



Pillar 2



Pillar 3



My purpose is...





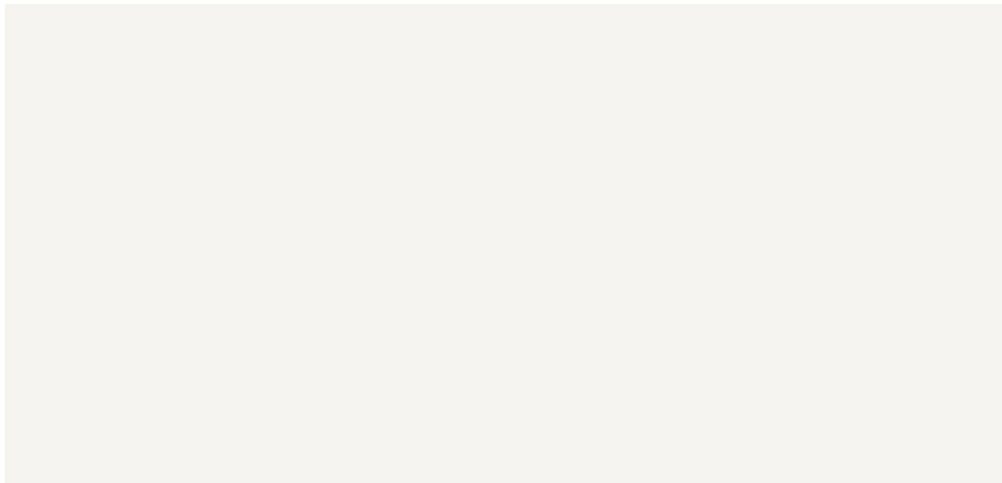
WRITE FROM THIS  
ENERGY / STATE

AND FINALLY...

# PURPOSE

I WANT YOU TO EXIST IN THE “KNOWING” THAT YOUR SOUL CHOSE THIS UNIQUE TIME IN HISTORY, YOUR CIRCUMSTANCE, YOUR FAMILY, YOUR CHALLENGES, YOUR SURROUNDINGS, YOUR LIFE, YOUR GIFTS, YOUR BLESSINGS AS AN OPPORTUNITY FOR YOU TO GROW, NO MATTER HOW HARD OR HOW BEAUTIFUL. **IT’S ALL PERFECTLY DESIGNED.**

What call are you most excited to answer in this lifetime? What would best support your expansion? What brings you the most joy? Where do you feel like you’re in a flow state?





# EXAMPLES

## PURPOSE STATEMENT 1

My purpose in this life is to **awaken** to my **highest potential** and be a beacon of **light for others**. I am here to discover and embody **love, courage, and authenticity**, and to share these gifts with the world. Through my actions, words, and presence, I aim to **inspire others** to embrace their own truth and live **with passion, alignment, and freedom**.

## PURPOSE STATEMENT 2

My purpose in this life is to create **beauty** and **meaning** in all that I do. I am here to **honor the unique gifts** I have been given and use them to empower and uplift **others**. By living **boldly**, expressing my **creativity**, and leading with **love**, I contribute to a world where **everyone feels seen, valued, and inspired** to pursue their dreams.

## PURPOSE STATEMENT 3

My purpose in this life is to **grow, learn, and evolve** so I can guide others on their own journeys of transformation. I am here to **cultivate strength, wisdom, and compassion within myself**, and to share these gifts openly with the world. My mission is to help others discover their innate power and to create a ripple effect of hope, healing, and possibility.

## PURPOSE STATEMENT 4

My purpose in this life is to channel **creativity** and to inspire others to see the world through a lens of **wonder** and **possibility**. I am here to express the **beauty of life through art, words, and ideas** that move hearts and ignite imaginations. By living **authentically** and **fearlessly**, I create a space where others feel empowered to explore their own unique creative gifts and share them with the world.

# PERSONAL MANIFESTO

---

2025 IS MY YEAR OF...

WHERE I...

I AM...

I AM...

1

2

3

MY PURPOSE IS...

Here's my 2025 example.

# PERSONAL MANIFESTO

## 2025 IS MY YEAR OF...

2025 is my year of rebirth, realignment with my life • s purpose, radical creative expression, exponential progress and abundance.

## WHERE I...

Where I create boldly, love without limits and live as the most radiant version of myself • every single day.

## I AM...

I am fearless, playful, and adventurous. I am elegant, passionate and exude grace.

## I AM...

I am captivating to everyone I meet. I am connected to source. I am vibrant and alive.

### 1 Health and Vitality

I live a life of boundless energy and physical freedom. I respect my body. She has carried me for 42 years and birthed my child, is a constant source of beauty and strength, improving and healing with every passing day. I am a dancer. I am an athlete. I am vibrant. I am strong. I am boundless. I am the type of woman who dances with joy, loves to sweat, and feels alive. I nourish myself with food from nature, practice ayurveda, yoga, pilates, and fasting to heal from within. I embrace my beauty, revel in my confidence, and move through life with grace and power.

### 2 Wealth and Purposeful Creation

I live a life of abundance, brilliance, and momentum. I am a creator of purposeful, multi-billion-dollar businesses that impact the world. Wealth flows to me with intention, generosity and wisdom. I am powerful. I am inspired. I am the type of woman who pushes boundaries and leads with vision and courage. I write, invest, and create. I channel my creativity into my music and screenplay, knowing it will touch hearts. I embody financial mastery, artistic expression, and entrepreneurial excellence, building a legacy for Kieran and single moms around the world.

### 3 Love and Relationships

I live a life of deep connection, passion, and unconditional love. My relationships are rich and overflowing with joy. I am surrounded by love in every corner of my life. I am sensual. I am playful. I am adventurous. I am the type of woman who nurtures love with intention, embraces vulnerability, and celebrates intimacy. My partner is my King, an outstanding father to Kieran, and together we create a life of shared growth, adventure, and passion. We date weekly, dance regularly, and savor life • s beauty while building an extraordinary partnership.

## MY PURPOSE IS...

My PURPOSE in 2025 is to be a beacon of strength for single moms, elevating and healing them through my story and lived experiences. By sharing my journey with authenticity, I create lasting change for women who are walking the paths I • ve walked, offering them hope, empowerment, and the tools to rebuild their lives. I am here to support my son • s growth as he becomes an exceptional human, while living as an example of what • s possible. My purpose is to inspire and be inspired, to live a life of adventure, abundance, and AWE. I am a CREATOR • of businesses, art, music, and wealth. I serve humbly and with dignity, and my light shines so brightly that I have become evidence of everything that can be.



2025

# PERSONAL MANIFESTO

**2025 is my year of rebirth, realignment with my life's purpose, radical creative expression, exponential progress and abundance.**

**Where I** create boldly, love without limits and live as the most radiant version of myself – every single day.

**I am** fearless, playful, and adventurous.

**I am** elegant, passionate and exude grace.

**I am** captivating to everyone I meet.

**I am** connected to source.

**I am** vibrant and alive.

**I live a life of boundless energy and physical freedom. I respect my body. She has carried me for 42 years and birthed my child, is a constant source of beauty and strength, improving and healing with every passing day. I am** a dancer. **I am** an athlete. **I am** vibrant. **I am** strong. **I am** boundless. **I am the type of woman who** dances with joy, loves to sweat, and feels alive. I nourish myself with food from nature, practice ayurveda, yoga, pilates, and fasting to heal from within. I embrace my beauty, revel in my confidence, and move through life with grace and power.

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*And there you have  
your MANIFESTO.  
EMBODY it.*

*RECORD yourself  
saying it with  
passion. LISTEN to  
it EVERYDAY.*

# YOUR MANIFESTO NEEDS TO:



**MOVE YOU.** IT NEEDS TO EVOKE EMOTION  
BECAUSE IT NEEDS TO BE WIRED IN YOUR BODY.

**IT NEEDS TO FEEL REALLY GOOD IN YOUR BODY.**  
THINK OF IT AS MEDICINE.



# FINE TUNING YOUR MANIFESTO BY ASKING THESE QUESTIONS.

**WHAT CAN I CLARIFY?** IT'S GREAT TO USE SEXY WORDS, BUT YOU NEED TO REALLY ASK.. **"WHAT DOES THIS ACTUALLY MEAN?"** WRITE IT IN THE MARGINS AND SWAP OUT STATEMENTS IF IT FEELS TRUE.



**WHAT CAN I CONDENSE?** BE BRIEF. BE BRILLIANT. HOW CAN I SAY THIS IN THE SHORTEST AMOUNT OF TIME? YOU'RE GOING TO GIVE UP ON IT IF IT TAKES YOU 20 MINUTES TO READ. MAKE IT TIGHT, POTENT AND POWERFUL.



**WHAT CAN I OMIT?** THIS MEANS YOU CAN CUT IT OUT AND IT DOESN'T CHANGE THE MEANING. THINK "I'M GOING TO FEEL INSANE AMOUNTS OF JOY" TO "I AM JOY"



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2025

# PERSONAL MANIFESTO

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**Where I** create boldly, love fully, and embody my most radiant, fearless, and vibrant self every day.

**I am** fearless, playful and adventurous.

**I am** elegant and passionate.

**I am** “Grace”

**I am** captivating and connected to my essence.

**I am** vibrant.

**I live a life of boundless energy, honoring my body as a source of beauty and strength.** She has carried me for 42 years, birthed my child, and improves with each passing day. **I am** vibrant, strong, and boundless. I dance, sweat, and feel completely alive. I nourish myself with nature’s food, practice ayurveda, yoga, pilates, and fasting to heal from within. I embrace my beauty, confidence, and grace as I move through life unapologetically.

**My life is one of abundance, brilliance, and momentum.** Wealth flows to me effortlessly, guided by intention, generosity, and wisdom. **I am** powerful and inspired. I push boundaries, lead with courage, and channel my creativity into music and my screenplay. I embody financial mastery, artistic expression, and entrepreneurship, building a legacy for Kieran and single moms worldwide.

**I live a life of deep connection, passion, and unconditional love.** My relationships are rich and joyful, filled with intention and intimacy. **I am** sensual, playful, and adventurous. My partner loves both my son and me deeply, and together we create a life of growth, adventure, and beauty. We nurture love, embrace vulnerability, and celebrate life daily.

**My purpose in 2025** is to inspire strength in single moms. By sharing my journey with authenticity, I offer hope, empowerment, and tools to rebuild our lives together. I support my son’s growth, living as an example of what’s possible. My life is one of adventure, abundance, and awe.

I am a **CREATOR**—of businesses, art, music, and wealth. I serve humbly and with grace, living a life that is proof of what can be achieved.

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