

THE FEMALE LIFE DESIGNER'S MANIFESTO

I declare that from this day forward I will ...

- savor all good things in life.
- savor each moment.
- stop rushing through my days, constantly feeling obliged to put everyone else first or finish all sorts of tasks, even though I'm exhausted already. No more of that!
- hold my head high and do my best to live unapologetically on my own terms, yet not at the cost of others.
- build good relationships with other people
- savor and make room for good conversation.
- bring into my life more of the things I truly love.
- enjoy good food without feeling guilty about it.
- exercise in a good way, without making it a duty.
- declutter my life so things no longer overwhelm me and take up too much space, neither physically nor mentally.
- always remember that I'm good enough, just the way I am, and at the same time acknowledge that this won't prevent me from seeking more knowledge so I can grow personally, as a human being and as a woman.