

GUIDELINES FOR WRITING A LIFE MANIFESTO

SELFMATTERS exists to promote financial security and an equitable world for women and men so they can impact the world.

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WHAT IS A LIFE MANIFESTO?



A Life Manifesto is a declaration of your beliefs, values, vision, mission, how you overcome challenges and treat people including how you want to invest your life force.

WHY DO YOU NEED A LIFE MANIFESTO?



Life is a journey of trials and triumphs, and your Life Manifesto serves as the light, direction, and motivation you need to navigate this journey. It provides the necessary support, truths, strategies, and rules to help you show up each day until you achieve your most cherished goals.

HOW TO WRITE A LIFE MANIFESTO?

Write down your principles in each dimension of life - failures, triumphs, *finance, spiritual, career, relationships, personal growth* - based on resonant truths.

Avoid buzzwords and jargon, using **positive, purposeful, and powerful** language. Keep your statements short, straightforward, and in the present tense.

Example:

I read the Life Manifesto every day. ✓

The Life Manifesto is read by me every day. ✗



GETTING STARTED

CHECKLIST

Preparation

- ☐ Gather a journal and a pen. You can also use your computer.
- ☐ You may need a Bible, prayerbook, your favourite books.
- ☐ You may want a calm, relaxing music and a candle.
- ☐ Find a quiet place.
- ☐ Make sure you have enough time.



See, I am doing a new thing!

Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:19

LIFE MANIFESTO WORKBOOK

PURPOSE

Use the space below to write your life purpose and **how you intend to live it**. Use positive, purposeful and powerful language. Make your statements short and straightforward, written in the present tense and active voice.

What purpose did you come here for? How do you intend to live it?

My purpose is to educate women, young people and workforces in financial literacy so they possess the freedom to make a meaningful impact, participate actively, and contribute their utmost capabilities to society.

What are your guiding principles for life's failures, sufferings and disappointments, and goals among others?

Failures and Sufferings

How must you deal with failures, and sufferings?

Example:

I deal with mistakes, failures and sufferings with grace. I transcend them by taking on board lessons learned.

Disappointments

How must you respond to disappointments?

Example:

I respond with curiosity, humility and kindness to myself.

LIFE MANIFESTO WORKBOOK

Relationships

Family

How must you treat family? How do deal with conflicts? How do you value relationships?

Friends

How do you create a lasting relationship?

Helpers, janitors, waiters, delivery people

How must you treat them?

LIFE MANIFESTO WORKBOOK

What other life principles do you have? Write them below.

WHAT HAPPENS NEXT?

After writing your principles for each dimension of your life, print several copies of your Life Manifesto.

Place one on your desk for daily declarations and one by your bedside for nightly reflection.

Read it aloud during challenging times, like before major presentations, or on special occasions.

Journal your journey, record experiences, and feel free to refine and add to your manifesto.

Most importantly, live it!



Notes

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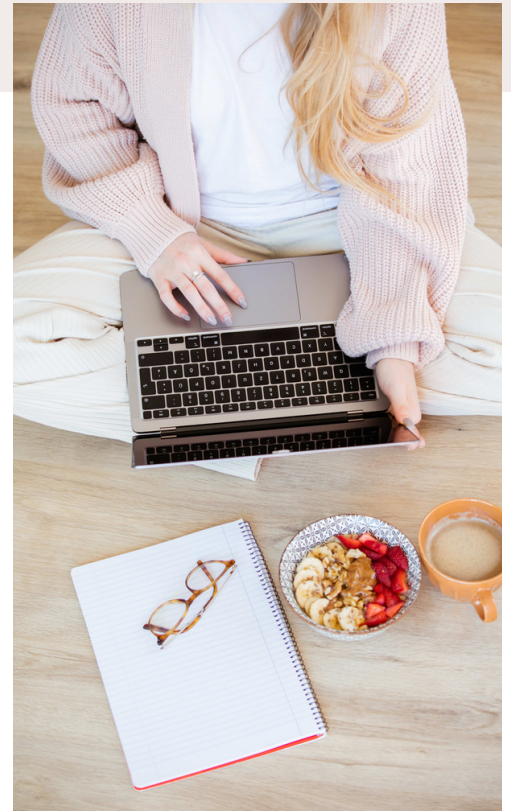
School of Financial Wellness

VISION:

Financial security for everyone.

MISSION:

To create the most gender-sensitive and behaviourally designed financial wellness courses of the 21st century and make them accessible to women, employees and youths so they can build financial capability, resilience and wealth.



REQUEST A DEMO

Read more about the Workplace Financial Wellness Campaign here



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