



# THE GOOD LIFE WELL LIVED MAINFESTO

1. You Have **CHOICES**.
2. Be Guided By Your **TRUE NORTH**.
3. Do The **WORK**. Every Single Day.
4. **DON'T UNDERESTIMATE** What You Can Achieve.
5. You are Not as Important As You Think You Are Yet You Are **MORE IMPORTANT** Than You Can Possibly Imagine.
6. Be Open To The **TWISTS** And **URNS** Of Life.
7. You Will Make **MISTAKES**.
8. Enjoy The **JOURNEY**.
9. **PICK YOURSELF BACK UP** When Things Go Wrong.
10. You Will Get **FRUSTRATED**.
11. **BE NICE**. It Costs Nothing
12. Stay **CURIOUS**.
13. Get Clear About What You Can **CONTROL**. Let Go Of The Rest.
14. Seek **FORGIVENESS** Rather Than Ask Permission.
15. You Are More **CAPABLE** Than You Give Yourself Credit.
16. It's Never That You 'Can't Do Something', It's That You 'Can't Do It **YET**.
17. Be **PASSIONATE**.
18. Have **CONFIDENCE** In Yourself.
19. **STOP COMPARING** Yourself To Others.
20. Embrace Your **'YOUNESS'**.
21. Keep Your **INNER CRITIC** In Check.
22. Pay It **FORWARD**.
23. **SHOW UP**. Every Single Day.
24. Be **GRATEFUL**.