THE Being Amy MANIFESTO

This is a public statement of what I stand for as the proud mama of Being Amy . . . I dedicate this manifesto to the change makers (you know who you are)

beingamytheblog.com

I will **give myself permission to be who I am** even if I secretly wish I were "COOLER" I will let myself be happy,

I will **never sacrifice me** for a false sense of belonging **no strings attached**

I REFUSE TO FEEL GUILTY because I don't meet someone else's expectations of who I "should" be

I will **look for the shadow and the light of each of my personality traits**, no puffing up the "good" ones or hiding the "bad" ones

I will **do what strengthens me** and bag, barter or better the things that don't

I will admit out loud that **I am special**

I will do ONE THING EACH DAY towards my dreams that is easy to do, but just as easy not to do

I will ask myself what can I do that nobody else can, that will make the most impact in this world

I will ask for things and **be willing to hear the word 'no'** as often as it takes

I WILL NOT SHRINK FROM MY OWN POWER,
I will own it. I will harness it. I will use it

I will never, ever reject myself first, out of fear of being rejected

I will acknowledge people in my life who inspire me

And because I am special, I will remember that I AM IRREPLACEABLE. That I'm not supposed to be like anyone else and so I won't try to be

I will **deliberately seek the company of people who remind me of what is possible** even if I have to pay big bucks for it

I will consider criticism from other people who are also "in the arena," and **ignore the naysayers standing on the sidelines**

I will not distract myself from taking the scary action it takes to reach my dreams

SELF-APPROVED

I will not downplay my awesomesauce

I will **know my worth** and **stand tall** because of it

I will allow other people to think what they will about me.

I will care what people think of me but I WILL NEVER LET IT STIFLE ME

I will allow myself to fall flat on my face as often as it takes without making it mean anything other than I'm a rockstar

I will remember that **AN EPIC LIFE REQUIRES RISK**

I will take "expert advice" into consideration but **I will listen to me first**

I will SHOW PEOPLE THE TRUTH ABOUT ME even when it feels vulnerable because I know THAT is the only way to real intimacy and connection

I WILL TRUST MY INSTINCTS, especially around the doubters

When I screw up I will SEEK HELP WITH HUMILITY and an open heart

I will remember that **doing something crappy is better than doing nothing at all** — because it is action not perfection that is the key to success

I will live it to give it

And because I am special, I will remember **that I am irreplaceable**. That I'm not supposed to be like anyone else and so I won't try to be

If I'm getting too big for my britches, I'll buy a size larger

I WILL ADVOCATE FOR ME instead of expecting other people to do it for me

I will remember that there is nothing to fix about me

I will SHOW UP each day even when I don't want to

I will never again try to seek success as a way to compensate for a family legacy of shame

I will remember that I'm not responsible for other people's emotions, they are. I'm responsible for mine

I will remind myself that **there is no such thing as the "right" timing**

I will always have a plan, even if it's a shitty plan

I will choose my regrets wisely

I will "fail" my way to success

And If I can't dance, I don't want any part of it