

The Ignite Your Life Manifesto

When you're feeling exhausted, stressed and overwhelmed by all that life is throwing your way, commit (or re-commit) to the following:

I will stop comparing myself to others.
Practice gratitude.

I will not judge myself or others.

I will set realistic expectations with myself, co-workers, family and friends.

I will fuel my body with real, whole, alkalizing, inflammation-reducing foods.

I will not project my fears and doubts on others.

I will carve out playtime; you know where you laugh and have fun without a hangover.

I will ask for help.

Get up and move around.

I will eliminate "I can't", "they won't" and "that's impossible" from my vocabulary.

I always have options.

I will recognize my magnificence.

I will not give up.

Head for the clearing in the forest and breath.

I will get 8 hours sleep a night.

I have nothing to prove.

My intuition speaks the truth.

Fear, jealousy, envy and anger never created a fulfilling life.

I will bring my best, most creative self to every part of my day; no more skimping.

More than anything else, **I have the power** to create the life I want and feel the things I want to feel. Today, this very moment, I will use that power.