

A MANIFESTO FOR LIVING

See each day as an opportunity to connect, learn & grow. Be crazy curious & serenely contemplative. Face forward; look up. Treat time as the precious commodity it is. Smile, breathe & move. Choose ways to enhance energy, not diminish it. Be authentic and genuine. Just figure it out. Share stories. Empower others to take action. Cultivate kindness & curiosity. Align body, mind and spirit. See mistakes as feedback and adjust accordingly. Do not waste my imagination and creativity on worrying. Leverage my knowledge, skills & passions to inspire and empower others. Dig deep. Celebrate achievements. Make things happen. Embrace vulnerability as a source of power. Accept the contradictions. Do stuff that feels good. Consciously cultivate dreams. Say yes to possibility and no to resentment. Declare all superpowers and continue to refine them. Embrace enthusiasm. Lean in. Just start. Visualize done. Listen like a rock star. Be real.

~ Jessica Tudos, March 2014