THE RECYCLED PIRATE
Life Awareness & Innovations

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Writing your personal Manifesto

"A Manifesto is a published verbal declaration of the intentions, motives, or views of the issuer, be it an individual, group, political party or government."

A Manifesto is the beginning of your journey. Consider it an anchor to your core values. Some words might change, even some values might increase. However, your Manifesto, set in writing, is your compass for the future-you that you can read again at a different time and think:

"This is what I truly believe and stand for. I need to focus on this"

Manifest yourself in YOUR world, with YOUR beliefs and YOUR values.
Use it as YOUR compass for future journeys so you will no longer feel lost between chapters.

1. The ground rules:

Remind yourself that you write the Manifesto for YOU not who might read it.
There is no such thing as a bad Manifesto, just an unfinished one. Meet yourself where you're at in life and take it from there. The whole intention is that the Manifesto is YOUR declaration for life and how YOU want to live and uphold it.

You are the maker of your own rules so let's start with writing down why you want to write your own Manifesto.

I'm writing my Manifesto for…

2. Pour the foundation:

Write down all the words that have meaning to you. Make a list of as many words as you can think of. You'll only be using 8 to 12 of your keywords, however everything of value to you can be used in your Manifesto.

Keep it simple. Life is as complicated as you make it. 3, 2, 1, GO…

1.
2.
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12.

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3. Time to set up the framework:

When you are ready, read them to yourself one by one and behind each word, write what emotion comes up.

For example:

Love	*I want to love deeper.*
Food	*Food should be less of a burden.*
Animals	*I want to spend more time with animals.*
Illness	*Nobody should have to battle a severe illness alone.*

Take your time and write all the thoughts that you have behind the words you've already written. Read your list calmly and write notes underneath it what you will do to better yourself or your surroundings to Manifest this.

4. Manifest it:

Take a blank piece of paper and write down every word but now in coherent sentences.

For example:

Love

"I will love deeper. I will bare my heart, share my soul. I will protect my love without judgment or interference. My love is mine to own. Mine to give away. "

What do you really believe in without limitation? What do you actually want to tell the world? Do NOT hold back. This is your chance to manifest what you actually believe.

Some tips to help you along the way:

Start simple and read your sentences to yourself. Adapt where necessary and improve your Manifesto. Try to keep it at one page but if your energy is flowing through your pen keep it flowing. Do not stop until you are done.
If you have trouble finishing a sentence, leave it and focus on your next keyword. You can always come back to change and improve. Just like real life.

Complete your Manifesto:

Put your written sentences underneath each other. Play with their order till you find your best order. Remember, things might change. You are allowed to change.

When you are done read the sentences one by one to yourself. For added effect use a mirror and look at yourself as you read your Manifesto aloud.

For guidance please contact me: andy@therecycledpirate.com

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The Pirate's Manifesto

Grow Stronger.
Learn your weakness. Fight with your power for your power and grow your strength. Body, mind and soul. Push yourself harder than you have ever done before, for you need results you never thought you were able to achieve.

Get Smarter.
Know what you do, whatever you want to do, and be honest in what you can do. Prepare yourself for a better version of you and you will improve your future.

Become Wiser.
See more. Hear more. Feel more. Talk more. Laugh more. Love more. Share more. Realize more. Be wiser with all you've come to know and all you have to give.

Feel Better.
Not everything you feel is real. Choose what you want and how you want it. Feel that. Let the rest go. Embrace yourself, your inner self. Don't let doubts decide your path.

Share More.
Tell your story. Share your ideas. Become an inspiration and let inspiration feed you. Open your heart and your heart will fill and spill.

Be Genuine.
Be real. Be honest. Always tell your truth or don't speak at all. Let painful words slide for they have to be said to solve the pain. Don't fear, your truth is free.

Be You.
You are enough in the simplest form, you are life. Reach out and something will reach in. If not, learn from the silence. You don't need external healing. You need you.

Be of Value.
Don't try to find or to force value. You can't be "successful" for that is only the outer shell. Be of value and success will create itself from within.

Be Grateful.
You do nothing alone. Give or receive. Lose or win. Be grateful to everyone that participates. In good or in bad, without these lessons you couldn't be who you are today.

Be disciplined.
Get up. Repeat. Get up. Get it done. Get it out of the way. Get it over with and feel that sense of achievement. That is the rush of success. Feel how value increases every time you succeed.