

How to Write Your Personal Manifesto

with Monique Dash





I am Monique Dash!

I am a Mom

I am a Life Coach

I am a Fitness Professional



An un-managed mind is like a toddler with a knife!

Brooke Castillio

Our brain's job is:

- to keep us safe
- to be efficient



A Personal Manifesto is...

A personal manifesto is a declaration of what you want in life. It helps you prioritize what's important to you and what you want to achieve. Think of it as the best part of you guiding you to your best self.

So why write one?

A personal manifesto helps keep your priorities focused. It's written with strong, empowering language so on days you may not feel 100% or when you could use some additional encouragement, you can remind yourself what you're capable of, and what you're working towards.

A personal manifesto is just that, personal. So don't think yours needs to look like someone else's.





**WHAT IS YOUR
WHY?**

My Personal Manifesto:

Today I am the master of my mouth and my mind. I only say and think kind words and thoughts about myself and others. I am impeccable with my word. I abstain from gossiping and complaining. I judge not. I do what I say I will do rather I feel like it or not. I feel the fear discomfort and anxiety of new tasks, situations and endeavors and I follow through. I think, write speak, envision, meditate and take massive actions to create habits, behaviors and systems to achieve my goals. I feel all feelings and I allow our thoughts. I nurture and support my thoughts that serve me and I discard my thoughts that don't. I am present in the now! I am valued. What I have to offer is a life coach is valuable. There are hundreds of thousands of people waiting to hear what I have to say as a life coach. And so it is. It is done. It is done! it is done! Yes Yes! Yes Yes! To God give all the glory! AMEN

I want to be a millionaire

I clearly see and feel myself rich now.

Money comes easily
to me.

I educate myself on money matters.

I grow my wealth.

I want to be in a loving
relationship

As I love myself more love comes to me.

I am worthy of love and companionship.

The perfect person is looking
for me as I am looking for them.

I want a six pack.

I nourish my body with healthy
food.

I move my body everyday.

Dancing, walking, and
housework are all ways to
get to the body of my
dreams.

ANY

QUESTION



It's time to write!



Does anyone want to share what
they've written?

The SECRET SAUCE!!!



THANKYOU



Connect With Me!

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