

# | do it scared™ manifesto |

## FROM THIS MOMENT FORWARD...

I choose to **PURSUE** my big goals and dreams.

I choose to get **CLEAR** about my priorities.

I give myself **PERMISSION** to let some things go.

I give myself permission to stop **COMPARING** myself to others.

I give myself permission to practice **SELF-CARE**.

I give myself permission to **NOT BE PERFECT**.

I refuse to give up. I will **KEEP GOING**, even when things are hard.

I will be strong, **PASSIONATE**, and courageous, and I will encourage my

family to be strong, passionate, and **COURAGEOUS** as well.

I will remember that **COURAGE** doesn't mean that I am never afraid, but

that courage is **TAKING ACTION**, despite my fear.

And so, I will choose to **DO IT SCARED™**, because that is who I am.