What is a "Personal Manifesto"?

Your Personal Manifesto is a present-tense statement of who you are and who you aspire to be by God's transforming grace and power.

Your Personal Manifesto may be as short as one sentence or as long as one page.

Your Personal Manifesto reminds you of the pre-decisions you've made to protect your Future Self.

Your Personal Manifesto can help you maintain your integrity in times of crisis and difficult decision-making.

Detailed How-To

Mix-and-Match any of these

___ Listen to Kathi and Cheri talk about creating your Personal Manifesto @ www.kathilipp.com/podcast/episode-232-fresh-start/

___ Go thru Values Checklist and pick your Top 10 (pg. 3)

___ Go thru Menu of categories and brainstorm (pg. 4)

___ Play with Post-It Notes on a page (pg. 5)

___ Play Personal Manifesto "Mad Libs" (pg. 6)

___ Invite Input (pg. 7)

___ Draw your words from the Word (pg. 8)

___ Seek inspiration and outright borrow from the samples @ http://overwhelmed.website/personal-manifestos/

Quick Start Guide

Just. Do. It.

___ Don't worry about whether it turns out like anyone else's.

___ You can always change it.

___ Print it and post it.

Do what works for you.
In the order that works for you.
As little or as much as works for you.
Values Checklist

Instructions: Check all values on this list that are important to you. Then go back and put a * by the Top 10 most important values.

Your Personal Manifesto should reflect your highest value(s).

___ achievement ___ health ___ recognition
___ adventure ___ honesty ___ relationships
___ art ___ independence ___ responsibility
___ challenge ___ influence ___ security
___ community ___ integrity ___ serving
___ connection ___ joy ___ self-control
___ consistency ___ kindness ___ stability
___ creativity ___ knowledge ___ status
___ efficiency ___ love ___ truth
___ empathy ___ loyalty ___ wealth
___ excellence ___ money ___ work
___ family ___ nature ___ _________
___ focus ___ order ___ _________
___ friendship ___ patience ___ _________
___ fun ___ peace ___ _________
___ grace ___ power ___ _________
___ growth ___ privacy ___ _________
Menu of categories (with thanks to Chris Moss!)

Instructions: Brainstorm answers to as many of these categories as you can as quickly as you can. Or, skim the categories and pray-cess them for 24-48 hours, then return to brainstorm.

What I wrestle with:

My life verse or a currently significant Bible verse:

Who I love:

My greatest role:

The values I want to live out daily (which may change over time):

Something I have accomplished by working hard:

Something I do or aspire to do:

Something I do, even when it's hard:

My personality type / My Strengths (via StrengthsFinder):

How I think:

What drives me to do what I do today:

Other category — ________________________________:

Other category — ________________________________:

Other category — ________________________________:

Other category — ________________________________:
Post-It Notes on a Page
Personal Manifesto "Mad Libs"

**Instructions:** Prayerfully fill in the blanks.

I am a(n) ______________  ______________ who ______________.

*Examples:*

I am a gentle peacemaker who notices what needs to be done.
I am a trustworthy prayer warrior who sees others' deep needs.
I am an openhearted hostess who gathers others around my dinner table.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.

I am a(n) ______________  ______________ who ______________.
**Words from the Word**

**Instructions:** Jot down key Bible verses that are especially meaningful to you and that speak to who you are in Christ. Incorporate specific words, phrases, and/or entire verses into your Personal Manifesto.

Verse: ________________________________________________

Words from the Word: ____________________________________

___________________________________________________________________________

Verse: ________________________________________________

Words from the Word: ____________________________________

___________________________________________________________________________

Verse: ________________________________________________

Words from the Word: ____________________________________

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Verse: ________________________________________________

Words from the Word: ____________________________________

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Verse: ________________________________________________

Words from the Word: ____________________________________

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Verse: ________________________________________________

Words from the Word: ____________________________________

___________________________________________________________________________

Verse: ________________________________________________

Words from the Word: ____________________________________

___________________________________________________________________________

Verse: ________________________________________________

Words from the Word: ____________________________________

___________________________________________________________________________
Invite Input

Instructions: Invite input from people you trust, who know you well, who have earned the right to speak into your life, and who care about who you are becoming.

Ask any or all of these questions. Record their answers and prayerfully decide what you might incorporate into your Personal Manifesto.

a) What are 3 words you'd use to describe me?
b) What do you see as my strengths?
c) What's something I struggle with?
d) What's one thing you wish I believed about myself?
e) How do you see God at work in my life?
f) Any other open-ended question about who you are and/or who you aspire to be!

Name: _____________________________  Relationship: _____________________________

Responses:

Name: _____________________________  Relationship: _____________________________

Responses:

Name: _____________________________  Relationship: _____________________________

Responses:

Name: _____________________________  Relationship: _____________________________

Responses:

Name: _____________________________  Relationship: _____________________________

Responses:
Kathi's PM & Cheri's PM

I love God, my family, and my people
I'm on Roger's Team. Always
I honor my commitments
I love without an *
I Give Generously as God directs
I cannot buy good health.
I must earn it. Daily.
I work hard. I rest well. I play well with others.
I spend time with God. Daily.
I help others be world-changers.
I tell people that I love them and I'm proud of them.
I tell the truth but I lead with love.
I feel, think, and act grateful. Every day.

I am a daughter of God's delight.
I'm a Highly Sensitive Person.
I relate & create with less drama, more delight.
I can't be my best self all by myself.
I am responsible for knowing and meeting my own needs.
I'm a conflict-facer & problem-solver.
I keep only what I care for, and I care for what I keep.
I am the curator of my very own ever-expanding gratitude gallery.
The rhythm of my life is repentance, rest, quietness, & trust.

Find more inspiration @ overwhelmed.website/personal-manifestos