

MY MANIFESTO

A compassionate guide
to reveal your best life

Sue Wong & Justin Robinson

Embark on an extraordinary journey of self-discovery. Create your personal manifesto, and live a life filled with authentic purpose and complete clarity. You owe it to you.

To know, to care, and to believe in yourself are three of the greatest gifts you can receive. Arriving at your personal manifesto – a private declaration of your wisdom and intentions – you will provide yourself with these gifts.

This book will guide you to profound personal insights; empowered decision-making abilities; minimised internal conflicts; enhanced navigation through life's challenges; and a renewed sense of hope.

As you reveal your personal manifesto, you will see your life with new eyes.

Your world will change if you take the time to follow the guidance in this marvellous 'how to' manual for a better life.

—Professor Richard Boyatzis, Ph.D

Gentle, inspiring and uplifting ... the world would be a much better place if we all went on this journey.

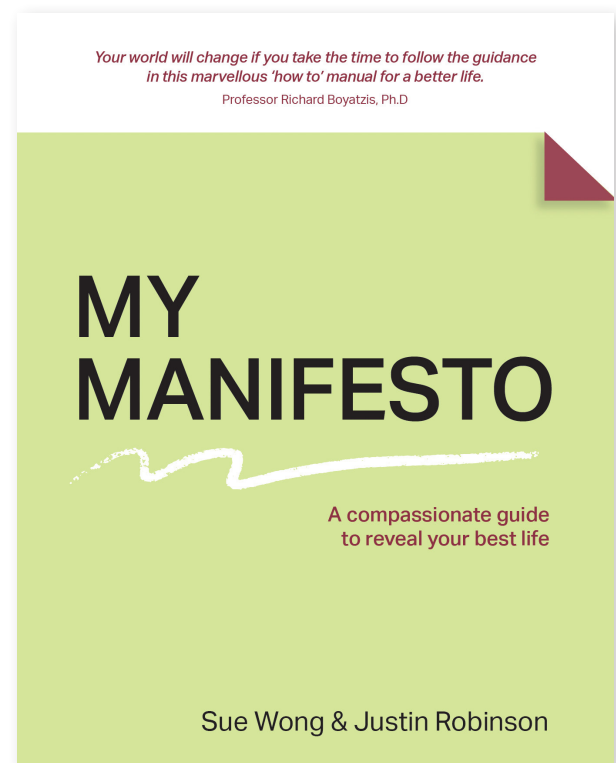
—Hugh van Cuylenburg

A calming, pragmatic guide toward clarity about who you are and what you value.

—Dr Maria Sirois

I enjoyed the process of working through each of the steps to unlock powerful takeaways. Highly recommended!

—Trent Cotchin



Sue Wong has a Certificate IV and Diploma of Workplace and Business Coaching with Open Door Coaching. She is also a Professional Certified Coach with Growth Coaching International (GCI) in Leadership Coaching and Advanced Coaching: Solutions Focus Masterclass. She has her Coaching Accreditation with GCI. Sue's teaching qualifications include a BA Hons in English followed by a Dip Ed. Sue has deepened her ability to connect with students and teachers by adopting a coaching approach and pioneered a coaching model at Geelong Grammar School, which included developing coaches and introducing coaching concepts for teachers and students.

Justin Robinson has a Master of Education degree and a Certificate in Positive Psychology and an altMBA. He is an Honorary Fellow of the University of Melbourne's Graduate School of Education and is a global board member of the International Positive Education Network. In 2017, Justin was listed in The Australian Educator's Top 50 Hot List. He was the inaugural Director of the Institute of Positive Education, based at Geelong Grammar School, Australia. For more than ten years he was instrumental in pioneering a sustained implementation of Positive Education. He has also trained thousands of educators around the world in designing evidence-informed approaches to wellbeing.

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Chapter 6: OUR REP TALK

Our Guarantee*

We guarantee that these seven steps will:

- stop you doubting yourself;
- provide you with a trouble-free life;
- eliminate negative emotions in your life;
- ensure life is fair to you;
- remove fear from your life;
- create a perfect you and a perfect life;
- make you happy.

* Please know that the above list is actually NOT at all what we guarantee!

We believe it is not possible for anyone, or any program, to guarantee such things, and even more importantly, we don't think living authentically is possible without experiencing the opposite of the above items.

Life wouldn't be life if all the above things were stripped away. We don't want you to create a perfect you or a perfect life or a perfect manifesto.

So, what is it we actually guarantee? Please see the next page for our real guarantee.

Our Real Guarantee

We are confident that these seven steps will:

- minimise internal conflict;
- help you navigate life;
- build hope;
- raise your awareness of what is important to you;
- provide greater clarity in your life;
- uncover rich personal insights;
- assist you to make difficult decisions.

It's time! Time for you to uncover your best self, and to live a life true to you. We believe in you!

Chapter 7: STEP 1: THE ENERGISING STEP



Chapter 8:

Step 2: The Courageous Step

Justin

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Chapter 8: STEP 2: THE COURAGEOUS STEP

The Courageous Question

What do I stand for?

What: We want to be able to name specific values. We provide you with an extensive list to help you answer this question.

I: This is not the time to be thinking of others and what they stand for – it is all about you. Take this time to immerse yourself in you and your values.

Stand for: What will you accept or tolerate, and what will you not accept or tolerate? A bystander stands by and watches and accepts the situation. An upstander stands up for what they believe is right, appropriate, and acceptable. As you consider your core values – the qualities that represent you, how you want to behave, and how you want to live your life – know that these are not just nice qualities; they are deeply held values that you are willing to stand up for!

Exercise 1: Connecting To My Core Values

It's time to connect to what is really important to you, what you stand for, and how you want to relate to the world. We would love to help you truly know and articulate your core values.

We refer to 'core values' as the values that are most central, most important, most deeply valued by you.

Interestingly, despite how important and impactful they are, it is not particularly common in our society for people to talk about values very much. We suspect you can't think of a time when a friend directly asked you, 'Tell us about your core values?' While it is common for someone to ask, 'How's work going?', I haven't (yet) had anyone ask me, 'How are your core values going?'

On the following page you will find a list of 150 values regarded by most societies as important. We would like you to whittle this list down to the five of the most important values to you – your core values!

- If this feels an almost impossible task to you, you are correct! The following reflection questions may help you as you move through the three steps below.
- Could you live a full and meaningful life without this value?
- Would this value still be important if no-one knew you actioned it?
- Is this value an important part of who you want to be?
- Does this value motivate you to act?

Chapter 9: STEP 3: THE MATTERING STEP

I last experienced ...

Positive emotion	Describe a time when you recently experienced this positive emotion
Joy	
Gratitude	
Contentment	
Curiosity	
Hope	
Pride	
Amusement	
Inspiration	
Awe	
Love	

Reflection

Having completed this exercise, we invite you to write a reflection on what this uncovered for you. Did it raise any other deep cares?

AWE?

Intentionally, we haven't asked you to complete this exercise for ten common negative emotions, but we acknowledge that this can be another very powerful exercise and can also result in uncovering deep cares.