



MY MANIFESTO

A DECLARATION OF TRUTH, FREEDOM, AND YOUR BEST LIFE

#noregrets

I AM

I am _____

I believe that true success starts with me and dedicate my life to being my best self - for myself, for my family and for the world as a whole.

Despite my struggles I am committed to always finding the positive light and lesson in what has been sent to me so that I can grow to my next personal best.

Nothing can prevent me from the eternal, God given success that lies within and before me.

I am the creator of my life. I design and create my future, never settle for less - EVER. I demand the most of myself and hold myself to the highest standard, comparing myself to no one.

I come to the world as a lifelong student of learning and growing. I am humble, honest and giving of the blessings that have been given to me. I invest in myself because I know that I am worth it.

I invest in myself and my future and surround myself with those that lead me higher. They make me step up to being my best self simply by being their own best self. I take massive action and act on what I know - even when I don't want to. I never stop believing in myself and having faith in my vision, capabilities, and unlimited potential.

I focus on mastering the process and enjoying the journey, trusting that God - the universe - and this life itself will always lead to my best life. I never give up; when challenges arise, I decide it is my mountain to climb or I find a way around it. I never give in to doubt and fear.

I focus on mastering the foundational processes which simplify everything. While it may sometimes be tedious, I love knowing that repeating things over and over again makes me a master at my own talents and skills. I am deliberate and conscious about my decisions and know that everything I do and think radiates the energy I embody.

I defy the odds of what is possible. I create my own standard and determine my own future, and no one's judgements or doubts of me can tear me down.

I live true to who I am, challenge and trump what I'm capable of, and know I am limitless if I choose to be. I always act in the best interest of myself and others, and embody integrity that allows me to follow through on my commitments. It builds my character, reputation, and confidence when I do.

I focus on giving and adding value, and serving the greater good, for I know that my own needs will be met simultaneously, through meeting the needs of others.

I lead by example and do the work. I lead with my body, mind, and spirit in purpose of serving and inspiring others of the unlimited possibilities of the human spirit. Love and light are my ultimate power.

I live with faith and abundance and challenge fear head on because I know that when I do, I win and more abundance can flow easily to me. I reward and acknowledge myself constantly - knowing that conscious selfishness is how I am able to give more and be more for those that I love..

I surrender the need to control situations outside of my control. I step up, do my best and let the right things flow easily to me. I do not people please as I know it hurts me and the other person when I don't speak my mind. I do not judge - other people's beliefs and actions have no impact on the person I am and my high value.

I am positive and optimistic, always searching for the good and creating an empowering meaning, whatever life gives me. I live with joy and happiness today, never willing to delay my happiness to the future. I choose to live each day to the fullest - even in my struggles. There is always magic surrounding me.

I commit to loving myself in all areas of my life, refusing to settle for anything less than an extraordinary and spectacular life.

MY DAILY PLAN

DATE:

TODAY'S GOALS THAT WILL LEAD ME TO MY SUCCESS COMMITMENT.

MIM - 3 THINGS I MUST DO TODAY TO GET CLOSER TO MY GOALS.

3-5 THINGS I WILL DO TO ACCOMPLISH MY MIM.

NOTES:

PERSONAL GOALS:

END OF DAY RATING: (1 BEING NEED TO WORK ON; 10 WINNER!

HAPPINESS:

PASSION:

GOALS:

HEALTH:



Hi! I'm Shana. I'm a Brand Strategist, a creative mind and a dog lover who believes in helping others do good in the world with your work. I'm all about helping clients uncover solutions to the blocks that hold you back in your business, to increase your abundance, and build a business and brand you are proud of.

I created TOTAL GENIUS to help you uncover your brand DNA. It's the solid foundation of your business based on who you are and what you love so that you can actually have a business that makes you rich - from the inside out.

After years of studying neuroscience, human behavior, and psychology, in addition to my award winning 28 year career as a business and marketing strategist, I discovered the art and science behind building a purposeful and profitable business by empowering your strengths and life experience and building it into your brand story that connects and sells.

TOTAL GENIUS is a new way of doing and thinking about business - as one of heartfelt conviction, purposeful action, general love of your life.

For more resources, information and to live your best life
visit TOTAL GENIUS - www.totalgenius.net

Email me at shana@totalgenius.net

Thank you for being part of the tribe of influencers changing the world with your work!

xo Shana