

MY MANIFESTO

LIFE is a gift, something to be honored, maintained, celebrated and protected.

This is your LIFE. **Live it with uncompromising integrity.**

If you don't like something about it, change it!

AL VILLER

LIFE

Life isn't a spectator sport. Memento vivere. Memento mori. Live fully every day and remember we all must die.

This life is a contradiction; it's incredibly simple, yet very complex. Life is SHORT but often lasts eight or nine decades. In the grand scheme of things, we're insignificant. Yet, we're very important in the lives of our loved ones.

OWN your own story. Be comfortable in your own skin. Live your life on PURPOSE.

Be WATER... quiet your mind, be calm and still, flow around obstacles, penetrate hard things with persistence. WATER is life!

DAILY AFFIRMATIONS

My nature is Divine; I am a spiritual being.

I wake today with strength in my heart and clarity in my mind.

I am the architect of my life; I build its foundation and choose its contents.

I'm a Baha'i, and I'm guided in my every step by God who leads me towards what I must know and do.

My body is healthy, fit and strong; my mind is sharp and creative; my soul is tranquil.

Everything that is happening now is happening for my ultimate good.

Each day, I abandon my old habits and take up new, more positive ones.

Today, I am brimming with energy and overflowing with joy.

FAMILY

I will love you FOREVER AND ALWAYS.

My marriage and relationship with my children is **becoming stronger, deeper, and more fulfilling** each day.

"When one loves, nothing is too much trouble and there is always time." - 'Abdu'l-Bahá

LEADERSHIP

Leadership is all about **PUTTING OTHERS FIRST**, acting with compassion and being honest.

Leadership isn't one thing you do; it's **EVERYTHING YOU DO**. Be the LEADER you wish you had.

WORDS MATTER. Be thoughtful and use them to educate, empathize, encourage, guide and inspire.

There's tremendous **STRENGTH IN VULNERABILITY**.

GETTING THINGS DONE

My efforts are being supported by the universe; my dreams manifest into reality before my eyes.

My **ABILITY** to conquer my challenges is limitless; my potential to succeed is infinite.

Someday is not a day of the week.

Your calendar reflects your **PRIORITIES**.

IMAGINE with your mind. **BELIEVE** with your heart. **ACHIEVE** with your might.

Progress is more important than perfection.

Pursue **EXCELLENCE** in work and play.

Practice makes permanent.

LEAVE THINGS BETTER OFF than when you found them.

SAVOR... the moment, each success and even your food.

Take care of your **MIND, BODY** and **SPIRIT**. Not necessarily in that order.

We are what we repeatedly do. Take small actions to become the person you want to be.

Discover your **PURPOSE** and all things will become clearer. Live your purpose and you'll flow through the world with less effort.

INTEGRITY

"TRUTHFULNESS is the foundation for all human virtues." - 'Abdu'l-Bahá

DO THE RIGHT THING. Always. Even when no one is watching.

HONOR your commitments.

ACTIONS SPEAK LOUDER than words. Align what you do with what you say.

MAKING DECISIONS

CHOICE is a superpower! Make choices that **MAKE YOUR HEART SING!**

Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.

DISCOVER the intersection between your abilities and your passion.

There's always two ways around a barn.

If you have doubt, there is no doubt. Always **TRUST** your gut. Remember to **BREATHE!**

NEVER STOP LEARNING

Be a life-long learner. **QUESTION** everything. Investigate **TRUTH** for yourself.

When someone says, "you can't," say "yet!"

You're going to fail, but that doesn't mean you're a failure. **LEARN** from every experience!

If you make a mess, **CLEAN IT UP**. Learn from your own mistakes. Also, learn from other's mistakes; it's a huge time saver.

When someone says something negative to you or about you, ask "Is it true?"

The purpose of tests are always to make us stronger, and God will never test us beyond our capacity.

Reserve the right to **WAKE UP SMARTER** tomorrow.

NURTURE RELATIONSHIPS

LOVE DEEPLY. It's worth the risk. ❖ Give generously without expecting anything in return. ❖ Be **THE FRIEND** you wished you had. ❖ Relationships are created in a crockpot not a microwave. ❖ It's important to **BE KIND** and **HUMBLE**. ❖ Make time to **LAUGH, PLAY** and **HELP OTHERS** do the same. ❖ Show kindness and love to people in thoughtful, relevant and tangible ways. ❖ Be truthful and trustworthy. ❖ Treat the janitor and the CEO with the same degree of **RESPECT**. ❖ Bees don't waste their time explaining to flies that honey is better than shit. ❖ Avoid fun suckers and energy vampires. ❖ **TRAVEL**, not just for what you'll see but for who you will meet and what you'll experience. ❖ Get comfortable being uncomfortable. Talk with someone who is different. ❖ Be **COURAGEOUS** and stand up for yourself and others.