

Rule #1, there are no rules. You can write your manifesto any way that you want. I'm recommending a 7-sentence structure because I think it will help you get past the idea that your manifesto needs to be complex. It doesn't. It needs to be authentic. It needs to be from your heart. It needs to be yours.

I also like the potency that comes from the 7SS. When you only have 7 sentences, focus is key.

I'm going to share my current 7-sentence manifesto below, but I don't want to influence yours too much. Mine is no more "right" than yours. Well, it's right for me. I recommend not going to the second page until you've had at least one pass at your own.

Here is the process I recommend:

1. Just start writing. Give yourself 10 minutes and see what comes out. Don't limit yourself to any particular structure or format. Just brain dump.
2. Walk away for a while. At least an hour, but even a few hours. You've now planted a seed and your brain is going to continue pondering this subject even as you go about your day.
3. Read what you've written and look for patterns or themes. For example...
 - Are there specific topics or areas of life that you focused on? Work? Relationships? Happiness? Spirituality?
 - What is the overall tone of your writing? Does it read like advice? Is it a series of questions that require pondering? Is it poetic? Is it preachy? Is it rebellious? Again, there's no right answer, it's just interesting to see what your unencumbered mind produced.
4. Go through and highlight your favorite parts.
5. Does it feel like anything is missing? If so, feel free to add to your original writing. For this, I used the 7 areas of Life Design: Health, Work, Finances, Relationships, Personal Growth, Fun, and Spirituality. I noticed whether there were any areas that felt important and under-represented.
6. Begin to whittle down what you've written into seven sentences. (If that feels right to you!). I quickly realized that 7 sentences isn't much, so I found myself grouping similar items and then choosing my favorite from each group.
7. At any point during the process, feel free to walk away. There is no rush to get this done and I found it really helpful to take frequent breaks and then come back to what I'd written.
8. Once I had my seven sentences, I felt the need to wordsmith. I really started to feel the need for efficiency and potency in my language. I deleted words that felt unnecessary to leave only the gold. (Again, this is mostly a style preference, I think.)
9. Once you think you have your seven. Walk away. Give yourself at least a full day this time.
10. At this point, you've got the basic structure and it's all about polishing. Does it feel like the sentences need to be in a particular order? If so, move them around.
11. Does your manifesto need a title?
12. You can upgrade your manifesto at any time.
13. Once you have yours, check out the video portion of the blog post to learn a few ways to work with your manifesto.



Mike's Reflections...

I started by asking myself, "What advice would I give to someone else about the best way to live?" As soon as I started down this path, my sentences took on the structure you see above.

As you can see, my manifesto took on a broad theme of "living well". I also felt compelled to use the 7 areas of Life Design to test whether my manifesto felt comprehensive. For some reason, I felt like I didn't want to leave out any areas. I'll include my mapping below.

The first time I wrote this I used "You" language. In one of my revisions I decided to go back and change it to "I" language since this is for me.

I have not yet come up with a title and I'm not sure I need one. Maybe, "How to Live Well", but that doesn't feel uniquely mine.

I took a few days to come up with the list you see above. It really felt like a sculpture that I would continuously revisit and refine each time I came back to it. I'd chip off a bit here, maybe add a bit there. I'm a stickler for words, so I really felt the need to refine mine.

Now that I have it done, I'm finding it really useful. I'll talk about that in the video. Check it out!

If you are willing to share, I'd love to see what you come up with for yourself. Go ahead and send it to info@lifedesigncenter.com and it will come directly to me.

Cheers!

-zog.

Here is how I see each of my 7 sentences mapping to the 7 areas of Life Design. I found this to be really useful to see how well my manifesto covered the full spectrum of my life.

Another really interesting exercise is to examine your manifesto in conjunction with your Life Design assessment, where you rate yourself across each of the 7 areas of Life Design: Health, Work, Finances, Relationships, Personal Growth, Fun, and Spirituality.

You might notice some interesting patterns about where your manifesto focuses and how well things are going in that area of your Life Design.

If you've never taken the assessment, it's part of the free Jumpstart Kit, which [you can get here](#).

My Sentences	7 Areas of Life Design
Be kind	Relationships Spirituality
Treat my body like a temple	Health
Put a piece of my soul into everything I do	Work Spirituality
Be first to apologize	Relationships
Sharing beats having	Relationships Finances
Life is an Emergency	Spirituality Relationships Fun
Be better than I was yesterday	Growth and Development