



# Own Your Amazing

## MANIFESTO

When you feel unhappy, stuck or frustrated with your life, don't pretend everything is ok, **OWN YOUR AMAZING**. Stop looking outside of yourself to define success, happiness, work-life balance and self-care.

*Hence forth and forevermore, let these Oya core principles help you create a life you love.*

### ONE | VALUE YOURSELF

Believe you have value. You are a niche, a one-of-a-kind experience that can't be found anywhere else. Stand in your personal power. Take control of your life. Know which experiences influence how you feel about yourself. Don't let others define you. Define yourself for yourself. Teach others how to treat you.

### TWO | TAKE CARE OF YOURSELF

Fill your tank first, before taking care of others. Be the first to meet your needs. Make self-care a habit. Don't put the needs of others above your own. Understand, self-care is not selfish, it's necessary. Value yourself over things. Select interests, people and activities that complement who you're becoming.

### THREE | EXPRESS YOURSELF

Don't keep your power, gifts and talents on lock down. Address things that hold you back. Know you are here for a purpose. Share the unique wonderfulness of who you are. Live your worth out loud. Discover what you were created to do. Move in the direction of your dreams. Surrender to your heart's desire.

**NOW GIVE YOURSELF PERMISSION**

SELF-CARE

**LOVE**

*Self love is Real Love*  
FEELS PURE & AUTHENTIC

### FOUR | PRACTICE SELF LOVE

Recognize that you are amazing and were born that way. Appreciate yourself. Celebrate your uniqueness. Reward yourself for good. Have compassion for less than good. Be willing to forgive, starting with yourself. Don't compare yourself with others. Stay positive about your abilities, gifts and purpose. Affirm you have everything you need to create the amazing life you want.

### FIVE | LISTEN TO YOURSELF

Tune in to your intuition's insights and clues about who you are. Hear your heart tell you what feels right. Identify your values and live them. Know what your thoughts are telling you. Rewrite negative thoughts. Support yourself with the tools necessary to align with your purpose.

to Own Your Amazing. Practice these principles and show up more **POWERFULLY** for your family, in your work, the community, and the world.

*purpose & passion*

**'TIS THE SEASON TO BE AMAZING**

**SIGN HERE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_