

# *The Visible Woman*

*Greene Branckin*

## **THE VISIBLE WOMAN MANIFESTO**

This is our visibility manifesto, say them out loud:

- ★ I remember that not everyone will like or approve of me
- ★ I am aware of how I look
- ★ I smile at people
- ★ I worry less about what others think
- ★ I take risks and do new things
- ★ I do something different at least once a week
- ★ I take time out when overwhelmed
- ★ I listen to myself
- ★ I remember that “being good enough” is enough
- ★ I take note of what my body is telling me
- ★ I relieve stresses in my life
- ★ I show love more
- ★ I take responsibility for my feelings
- ★ I enjoy my successes more
- ★ I speak out
- ★ I laugh more
- ★ I enjoy my memories
- ★ I remember that I can't give 100 per cent to all
- ★ I enjoy the good people in my life
- ★ I exercise my body and mind
- ★ I enjoy the people I love
- ★ I have more fun
- ★ I retain contact only with those I want to
- ★ I remember what I've done with my life
- ★ I breathe in the weather
- ★ I enjoy my quiet moments
- ★ I enjoy life's craziness
- ★ I am gentler with myself