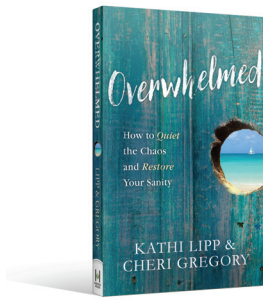


# *Overwhelmed:* How to Quiet the Chaos and Restore Your Sanity

## *How to Create Your Personal Manifesto*

by Kathi Lipp & Cheri Gregory



# How to Create Your Personal Manifesto

## What is a "Personal Manifesto"?

Your Personal Manifesto *is a present-tense statement of who you are and who you aspire to be by God's transforming grace and power.*

Your Personal Manifesto *may be as short as one sentence or as long as one page.*

Your Personal Manifesto *reminds you of the pre-decisions you've made to protect your Future Self.*

Your Personal Manifesto *can help you maintain your integrity in times of crisis and difficult decision-making.*

## Detailed How-To

Mix-and-Match any of these

- \_\_\_ Listen to Kathi and Cheri talk about creating your Personal Manifesto @ [www.kathilipp.com/podcast/episode-232-fresh-start/](http://www.kathilipp.com/podcast/episode-232-fresh-start/)
- \_\_\_ Go thru Values Checklist and pick your Top 10 (pg. 3)
- \_\_\_ Go thru Menu of categories and brainstorm (pg. 4)
- \_\_\_ Play with Post-It Notes on a page (pg. 5)
- \_\_\_ Play Personal Manifesto "Mad Libs" (pg. 6)
- \_\_\_ Invite Input (pg. 7)
- \_\_\_ Draw your words from the Word (pg. 8)
- \_\_\_ Seek inspiration and outright borrow from the samples @ <http://overwhelmed.website/personal-manifestos/>

### Quick Start Guide

#### Just. Do. It.

- \_\_\_ Don't worry about whether it turns out like anyone else's.
- \_\_\_ You can always change it.
- \_\_\_ Print it and post it.

*Do what works for you.  
In the order that works for you.  
As little or as much as works for you.*

## Values Checklist

**Instructions:** Check all values on this list that are important to you. Then go back and put an \* by the Top 10 most important values.

Your Personal Manifesto should reflect your highest value(s).

___ achievement	___ health	___ recognition
___ adventure	___ honesty	___ relationships
___ art	___ independence	___ responsibility
___ challenge	___ influence	___ security
___ community	___ integrity	___ serving
___ connection	___ joy	___ self-control
___ consistency	___ kindness	___ stability
___ creativity	___ knowledge	___ status
___ efficiency	___ love	___ truth
___ empathy	___ loyalty	___ wealth
___ excellence	___ money	___ work
___ family	___ nature	___
___ focus	___ order	___
___ friendship	___ patience	___
___ fun	___ peace	___
___ grace	___ power	___
___ growth	___ privacy	___

## **Menu of categories (with thanks to Chris Moss!)**

**Instructions:** Brainstorm answers to as many of these categories as you can as quickly as you can. Or, skim the categories and pray-cess them for 24-48 hours, then return to brainstorm.

What I wrestle with:

My life verse or a currently significant Bible verse:

Who I love:

My greatest role:

The values I want to live out daily (which may change over time):

Something I have accomplished by working hard:

Something I do or aspire to do:

Something I do, even when it's hard:

My personality type / My Strengths (via StrengthsFinder):

How I think:

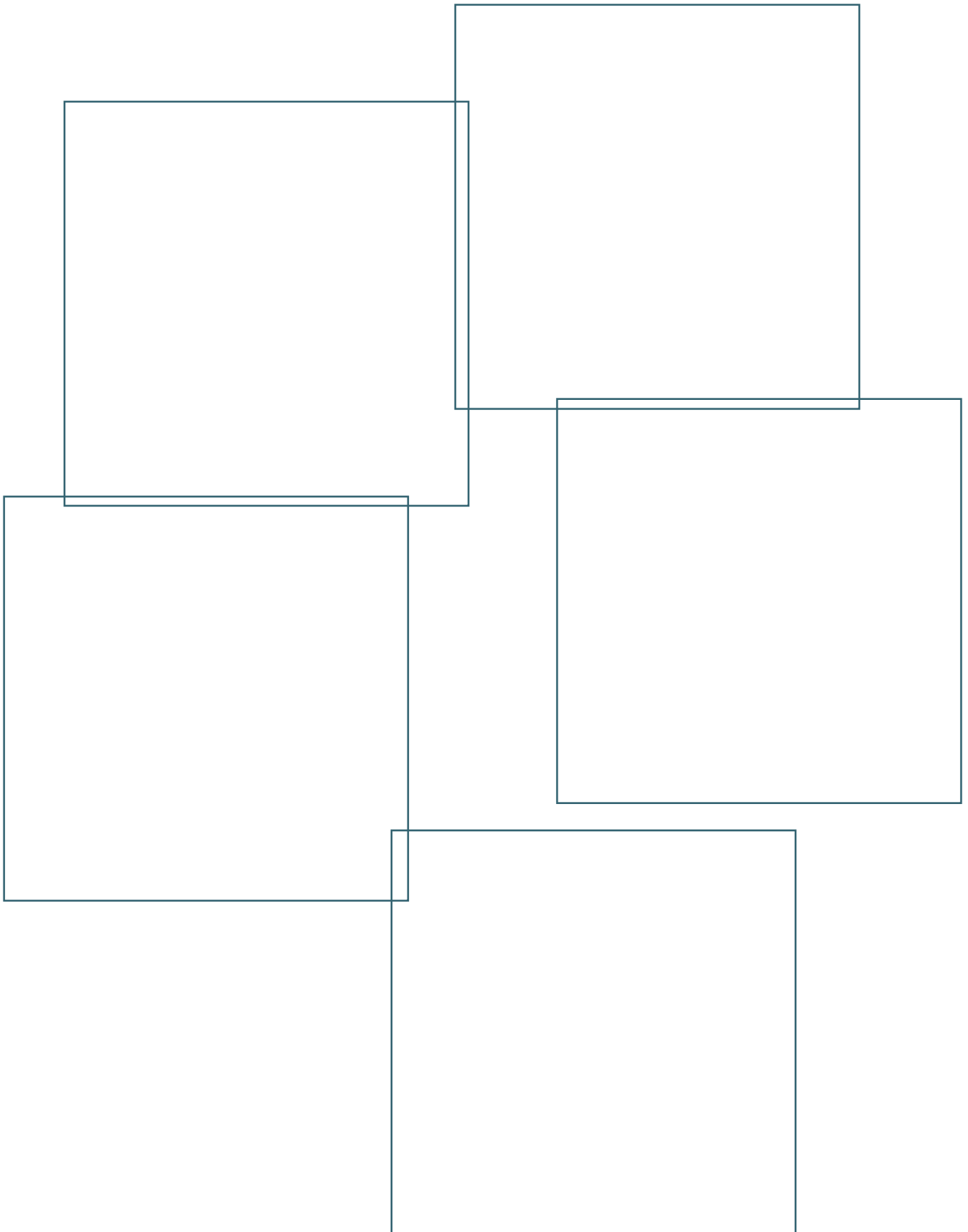
What drives me to do what I do today:

Other category — \_\_\_\_\_:

Other category — \_\_\_\_\_:

Other category — \_\_\_\_\_:

## **Post-It Notes on a Page**



## Personal Manifesto "Mad Libs"

**Instructions:** Prayerfully fill in the blanks.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

*Examples:*

I am a gentle peacemaker who notices what needs to be done.

I am a trustworthy prayer warrior who sees others' deep needs.

I am an openhearted hostess who gathers others around my dinner table.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

I am a(n) \_\_\_\_\_ who \_\_\_\_\_.

## Words from the Word

**Instructions:** Jot down key Bible verses that are especially meaningful to you and that speak to who you are in Christ. Incorporate specific words, phrases, and/or entire verses into your Personal Manifesto.

Verse: \_\_\_\_\_

Words from the Word: \_\_\_\_\_

\_\_\_\_\_

Verse: \_\_\_\_\_

Words from the Word: \_\_\_\_\_

\_\_\_\_\_

Verse: \_\_\_\_\_

Words from the Word: \_\_\_\_\_

\_\_\_\_\_

Verse: \_\_\_\_\_

Words from the Word: \_\_\_\_\_

\_\_\_\_\_

Verse: \_\_\_\_\_

Words from the Word: \_\_\_\_\_

\_\_\_\_\_

Verse: \_\_\_\_\_

Words from the Word: \_\_\_\_\_

\_\_\_\_\_

## Invite Input

**Instructions:** Invite input from people you trust, who know you well, who have earned the right to speak into your life, and who care about who you are becoming.

Ask any or all of these questions. Record their answers and prayerfully decide what you might incorporate into your Personal Manifesto.

- a) What are 3 words you'd use to describe me?
- b) What do you see as my strengths?
- c) What's something I struggle with?
- d) What's one thing you wish I believed about myself?
- e) How do you see God at work in my life?
- f) Any other open-ended question about who you are and/or who you aspire to be!

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Responses:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Responses:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Responses:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

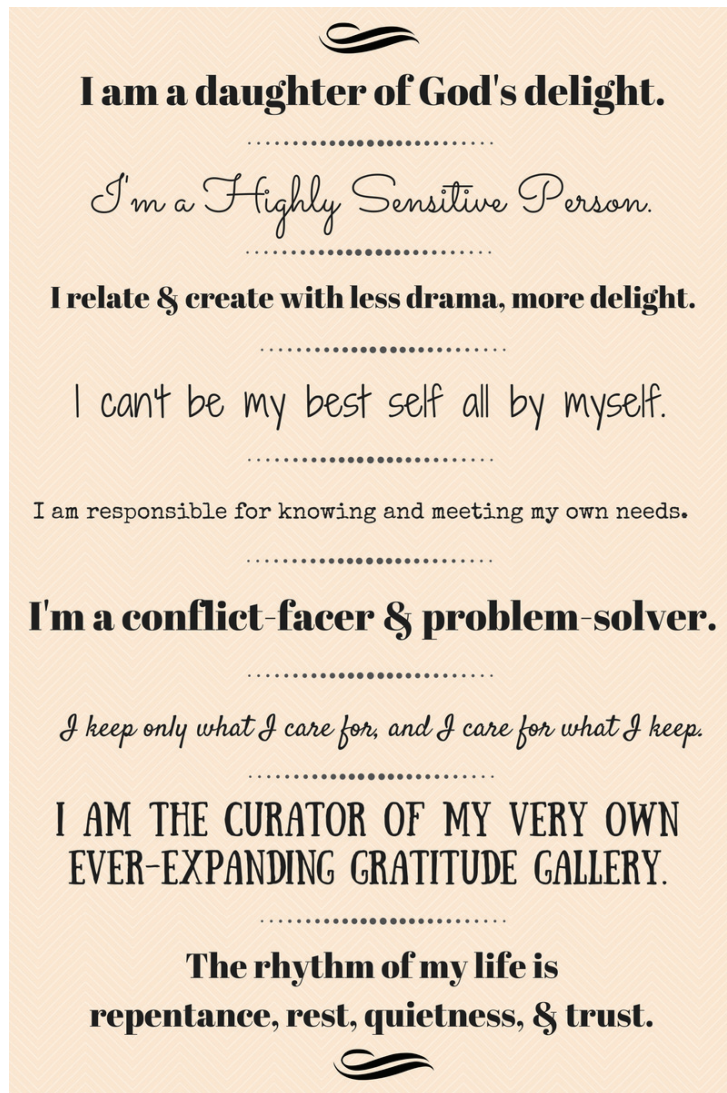
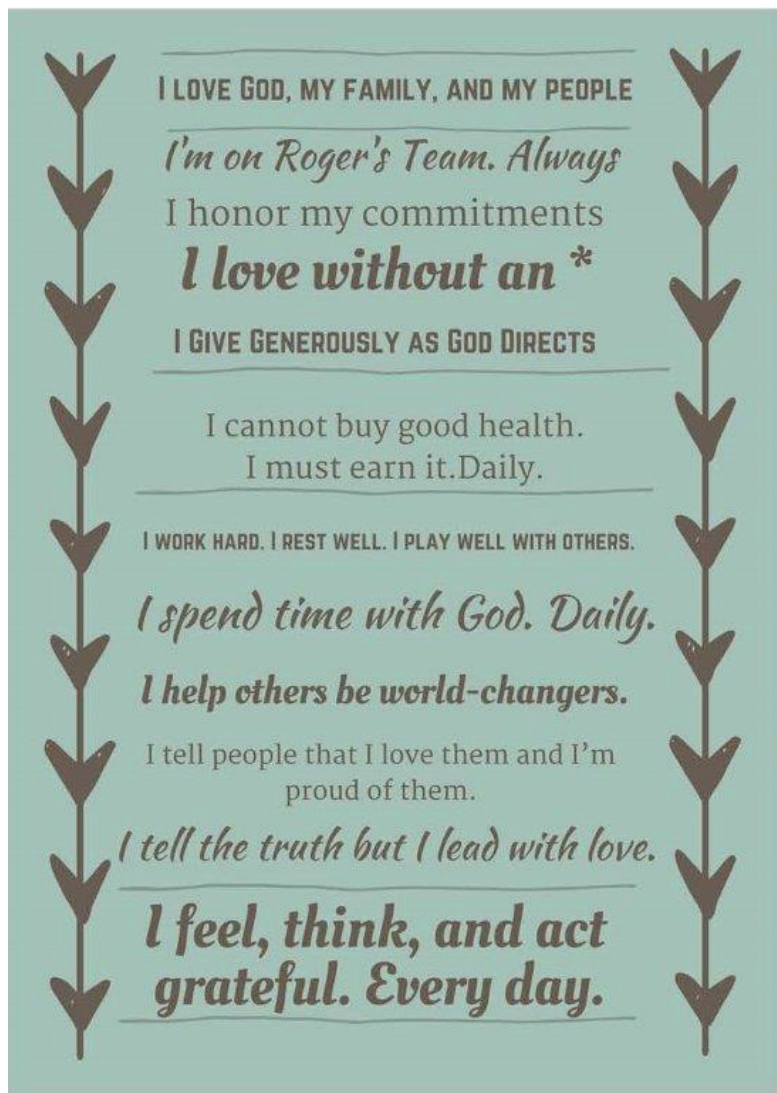
Responses:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Responses:



## Kathi's PM & Cheri's Personal Manifesto



Find more inspiration @ [overwhelmed.website/personal-manifestos](https://overwhelmed.website/personal-manifestos)

