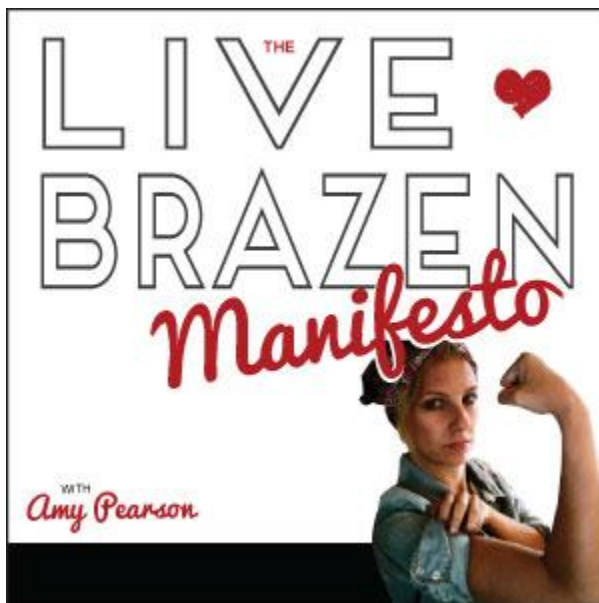


Amy Pearson's
LIVE ♥ BRAZEN
Radical Results for your Business and Life

The Live Brazen Manifesto

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This is a public statement of what I stand for as the proud mama of Live Brazen . . . I dedicate this manifesto to the change makers (you know who you are).

I will **give myself permission to be who I am** even if I secretly wish I were “cooler.”

I will **let myself be happy, no strings** attached.

I **refuse to feel guilty** because I don't meet someone else's expectations of who I “should” be.

I will **never sacrifice me** for a false sense of belonging.

I will **look for the shadow and the light of each of my personality traits**, no puffing up the “good” ones or hiding the “bad” ones.

I will **do what strengthens me** and hag, barter or better the things that don't.

I will ask for things – favors, advice, introductions, testimonials – and **be willing to hear the word no** as often as it takes.

I will **know my worth** and appreciate what I have to offer and **stand tall** because of it.

I will **not distract myself from facing the scary action** it inevitably takes to reach my dreams.

I **will not downplay my awesomesauce** to make other people feel more comfortable around me.

I will allow myself to fall flat on my face as often as it takes without ever making it mean anything other than I'm a rockstar.

I will allow other people to think what they will about my language, behavior and/or ideas **without trying to control their opinions** of me.

I will care what people think of me **but I will never let it stifle me.**

I will remember that **an epic life requires risk** and risk is supposed to be uncomfortable.

I will trust my instincts, especially around the doubters.

I will take “expert advice” into consideration but **I will listen to me first.**

I will **show people the truth about me** even when it feels vulnerable because I know THAT is the only way to real intimacy and connection.

When I screw up I will **seek help with humility** and an open heart.

I will remember that **doing something crappy is better than doing nothing at all** — because it is action not perfection that is *the* key to success.

I will **deliberately seek the company of people who remind me of what is possible** even if I have to pay big bucks for it.

I will **live** it to give it.

I will **acknowledge people** in my life who inspire me.

I will **never wait until I have my shit together** to be of service or do something epic because I know that day will never come.

I will consider criticism from other people who are also “in the arena,” doing brazen shit in honor of their one “wild and precious life” and I will **ignore naysayers standing on the sidelines.**

I will do **one thing each day** towards my dreams that is easy to do, but just as easy *not* to do.

I will admit out loud that **I am special**.

And because I am special, I will remember **that I am irreplaceable**. That I'm not supposed to be like anyone else and so I won't try to be.

I will not shrink from my own power. I will own it. I will harness it. I will use it.

I will advocate for me instead of expecting other people to do it for me.

I will remember that **I'm not responsible for other people's emotions**, they are. I'm responsible for mine.

I will never, ever reject myself first, out of fear of being rejected.

When I feel resentment, I will use it as a reminder to **stop saying yes to other people before I say yes to myself**.

I will know what I want – right now, tomorrow and in five years. And **I will not be embarrassed about wanting** “frivolous,” things, epic things, or darn right outrageous things.

If I'm getting too big for my britches, I'll buy a size larger.

I will never again buy into the bullshit that there is a right and a wrong way – **there are infinite ways to do anything**. The more I can do it *my* way, the better.

I will never again try to seek success as a way to compensate for a family legacy of shame.

If I feel jealous, I will use it as a reminder of what I want that I'm telling myself I cannot have.

I will never deem someone else's vulnerability as inspiring while discounting my own.

I will remember that **there is nothing to fix about me.**

I will always give myself a second and a third and a fourth.... **chance.**

I will **show up** each day even when I don't want to.

I will never forget that **no matter what I do, there will be always be haters.**

I will remember that to have an **extraordinary life**, you have to have extraordinary thoughts.

I will remember that **success has nothing to do with talent.**

I will remind myself that just because I'm "good" at something does NOT mean I should be doing it.

I will stop doing for others long enough to make sure there is plenty of **space for my own dreams.**

I will let whatever wants to grow inside me be – **for its own sake** and not for what it can do for me or how it can make me look better.

I will always have a plan, even if it's a shitty plan.

I will **choose my regrets** wisely.

I will ask myself what can I do that nobody else can, that will make the most impact in this world.

I will remind myself that **there is no such thing as the "right" timing.**

I will "fail" my way to success.

And If I can't dance, I don't want any part of it.

What is your favorite declaration? Post your comment [here](#).

About Amy



Amy Pearson is a Master Certified Life Coach, coach mentor, and instructor for Martha Beck's life coach training. She is a teacher, writer and speaker. A former approval addict (with the occasional relapse), Amy is now addicted to success. Her mission is nothing short of world peace by empowering every woman on a mission to attract their ideal clients (tribe), make great money, and have an epic impact while doing their unique work in the world.

Learn more about her at LiveBrazen.com