

The Wild Sister Manifesto

Smile. Educate yourself. **Choose love.** Drink green juice. Breathe. Be kind. Open your mind. **Be the kind of person you want your children to be.** Laugh. Stretch. Meditate. Eat your greens. Have a bubble bath. Choose organic. Hug animals. **Spread joy.** Say yes. High-five. Create. Believe in yourself. Lift others up. Celebrate. Buy local. **Speak your truth.** Accept. Love yourself. Listen to your soul. **Forgive.** Look up at the stars. Dream. Find your purpose. Teach children to love themselves. Follow your bliss. Be love. See the light in others. **Lead by example.** Hang on. Keep going. Save the day. Volunteer. See the world. Welcome guidance. **Say thank you.** Do what makes you happy. Count your blessings. Create your life. Recycle. Do tree pose. Be the change. Light candles. Read. Cuddle. **Make love.** Live simply. Be present. Build your wings on the way down. Be wild. **Be you.**