
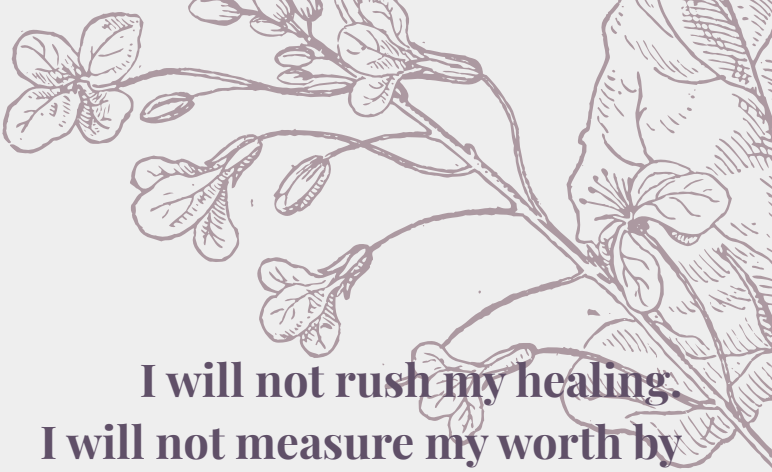


The Misfit Manifesto

A Gentle Promise to
Myself



I will not rush my healing.
I will not measure my worth by
productivity or perfection.
I choose progress that feels honest,
even when it's quiet, slow, or unseen.
I allow myself to rest without guilt.
To change my mind.
To grow out of what once fit.
I release the pressure to be "fixed."
I am not broken.
I will speak to myself with kindness,
especially on the days I feel unsure.
I trust that my timing is mine.
I trust that becoming takes time.
I honor my softness.
I honor my resilience.
I honor the beautifully imperfect way I
move through the world.

This year, I choose compassion over
criticism.

Presence over pressure.
Gentleness over fear.

I belong — exactly as I am.

Signed: _____

Date: _____

Misfits: The Beautifully Imperfect