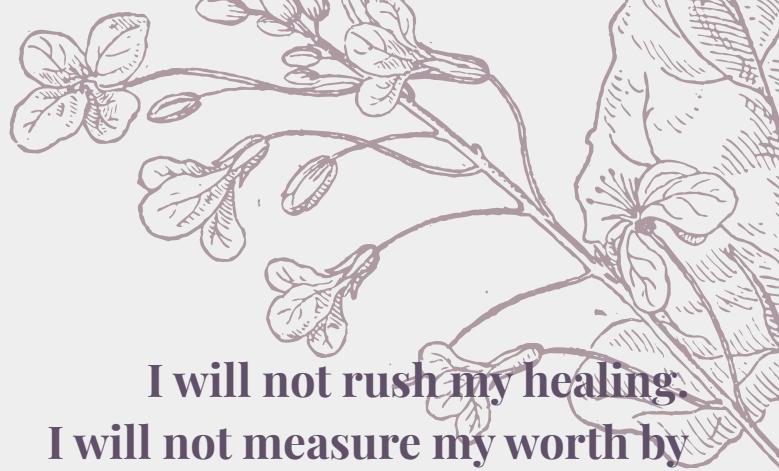


The Misfit Manifesto

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