

free to share!

really?



the  
goodness  
manifesto

what would happen if **your** world just changed overnight, if everything **you knew** about yourself and others just transformed into the best ever version there is?

the goodness manifesto is exactly this. read it. try it. no, **do it**. one thing **per day atleast**. for 30 days. it'll change the lives of those around you.

**forever.**

and in many ways.....**yours**. and ours\*

**what the....?**

\* and thats why i wrote this manifesto.

# connect ><

this manifesto is all about connecting with people. **at work.** at school. at college. at your playground. **the parking lot.** the supermarket. the bus station. the bus. home. on the street. **in a taxi.** in your dreams **@you**

A woman with dark hair in a braid, wearing glasses and orange earplugs, is smiling broadly while holding a black handgun with both hands, aiming it forward. She is wearing a blue and white striped tank top. The background is a blurred green field.

# smile\*

\* @ everything, everybody today!  
# 2





# reachout\*

\*to at least **one** person today

# 3



A close-up photograph of a purple iris flower. The petals are a vibrant purple with visible veins. The center of the flower is a bright orange color. The background is blurred, showing green leaves and other flowers.

reach **i**n

you. why?how? more?

# 4

# admire.

stop trying to understand and **simply** admire. remember how it was like to get on the train the first time in your life, or the bus or a flight. how you admired! go admire now.



Blaise Pascal

"You always admire what you really don't understand."



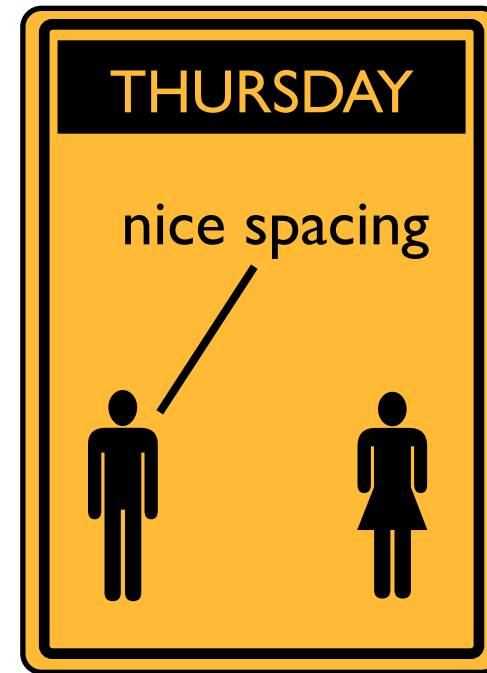
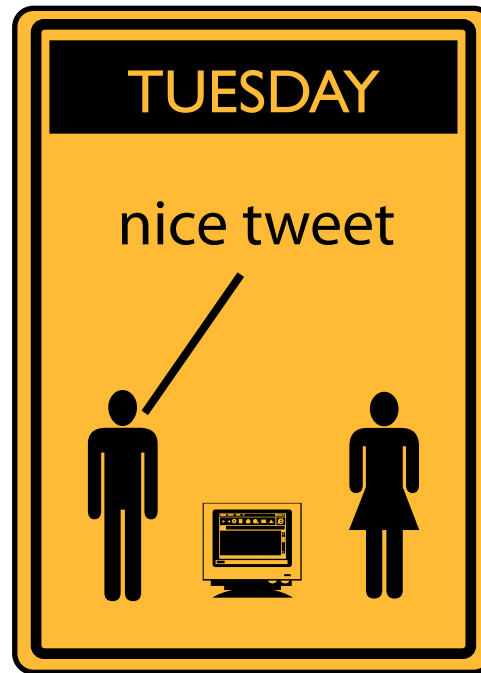
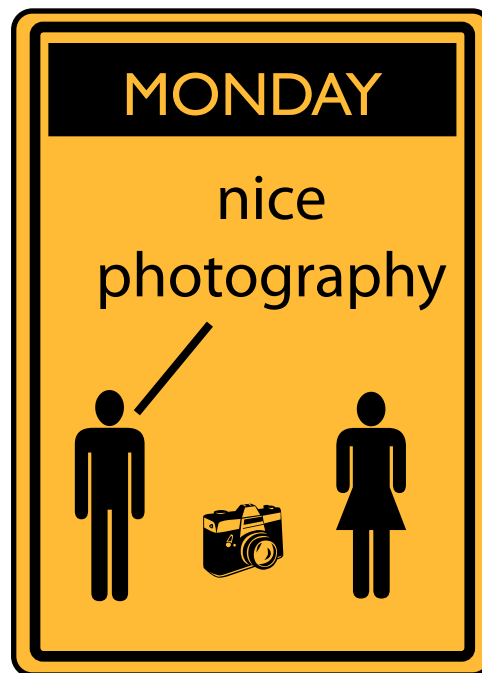
# compliment



**start with one and  
don't stop till your done  
with notes and words  
and pretty poises**



# EXAMPLES



FOREVER...

# get awestruck

gaze.**stare**. look fixedly, **gape** , goggle at, eye, look , study, scrutinize, take a good look; ogle, eyeball with **authenticity** today @ **one** person/event/thing/service



**play**\*  
@ your desk.

**with**  
**your**

presentation  
design  
homework  
pitch (work)  
pitch (game)  
fork  
folks  
ye old blokes  
dressing  
accent  
writing  
excuses  
work.

**give**



**give it all @**



A diagram where the '@' symbol is replaced by a stylized sun or light source with five rays pointing to the following list of items:

- one person
- money
- assignment
- duty
- responsibility



# say hi!

**70%** the number of people on your phone contact list that you haven't called in the last six months.



**now meet them!**

(some of them at least)

**good.**

**better.**

**best.**

**appreciate**



# look differently\*



\*at {people/things/yourself}



**motivate one person.**



laugh. loud.

**share.**  
**in** person.  
with **a** person.



**jump.**

**cry.**



**XOXO**



**best work=then rest**

# uplift

^wrote this point as the flight was taking off.  
indigo flight 6E 153 from delhi to bangalore.

**pray. a prayer.**



**bless. now.**  
**anybody**

**expect nothing.**

today. from **anybody**. or any situation.

# shhshhshh.



stay silent. all day.  
the mind too.

# 26





**dance**

# 27



**t**each



**.love  
unlimited**



**# 29**



# build



# 31

**thank  
profusely  
genuinely**



**do it\***  
**for free.**

\* something. anything. repeat.

who dreamt this manifesto? [donypeter.](#)

## [donypeter?](#)

Life Coach, Speaker, Trainer and an Idea Evangelist by profession, Dony Peter, has been speaking to thousands of individuals on how they can experience the power of awesomeness in their professional/personal/spiritual lives in over 5 Continents. Over the past decade Dony Peter has travelled to over 16 countries connecting with people with a passion, energy and enthusiasm thats hard to let go!

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