

# Women Rock Project Manifesto

## Five Secrets for A Radiant Life

*By Sherry Brier*

Hi, and thanks for joining me on this journey. I'm sending out a call for Magnificence. I ask that we commit to becoming the courageous, inspiring, glorious selves we are meant to be. Let's take the first step together...NOW!

The first two laws of the universe are: *Thought is creative* and *Know thyself*. What we think about and focus on will come into being. We distill the essential qualities of a *woman who rocks* into short phrases. We will turn them into affirmations and use them as mantras - verbal stepping-stones toward the Light. When we change our mind, we change our life. Repeating these transforming ideas with firm conviction many times a day will confirm our newly found self-knowledge. Practice is power!

### **Five Affirmations for Magnificent Living:**

**“I rock.”** I suggest we begin our quest for magnificence by taking an honest look at ourselves and determine what's keeping us from becoming the hero of our own life. What is it that keeps us from saying, “I rock”? Realizing that the number one impediment to manifesting our dreams is a negative self-image, we'll take a deep look at our fears and unfavorable attitudes about ourselves and let them go.

**“I create Beauty.”** I'm talking about the *capital B* kind of Beauty with qualities such as courage, unconditional love, passion, wisdom and intuition. I put forth the idea that, “The beauty that we *make* is the Beauty that we are.”

**“I know what I love to do and I do it.”** I ask that we find out what we're passionate about and follow that trail on the premise that what we love to do is what we're *supposed* to do.

**“I allow myself to be seen and I shine.”** Let's realize that hiding our light under the bushel did not keep us safe all these years; it just made us invisible. Now, we'd rather step out of the shadows and take chances. We're willing to risk venturing out on our own to follow our individual path of the heart.

**“I am a woman with passion and infinite potential. I set intentions and I follow through.”** I challenge us to map out an intentional life and set sail on a great adventure. We are explorers on a quest to find and express our true selves. We triumph now and forever.

When we're willing to shine our light in the world and remember to be grateful, we live radiant lives. I want to live in a world where women are courageous and inspiring, and magnificent. I know that begins with me. Please join me on this exciting journey.