Make a Manifesto for YOU

In the excellent *Dare to Be You*, Matthew Syed describes a plan he came up with in his youth to find and follow his own path, question the world he found himself in, and change what wasn't working well in his life. He describes his plan “as a manifesto for daring to be ME” (Syed & Triumph, 2020).

You and the child you are working with should together tailor, as appropriate, the following modified manifesto. The child can refer back to the set of principles when needed; it will help provide confidence in the person they are, the individual they want to be, and make sure they make their own choices, rather than respond to peer pressure:

1. **Be friends with people who like you for who you are.**
   - People who try and make you into someone else, are not real friends.
   - There are friends out there who will like you for the person you are.

2. **Make choices based on what feels right for you.**
   - Don’t let doubt make your decisions for you.

3. **Never blindly follow. Be YOU.**
   - Following, unthinkingly, is not authentic to who you are.

4. **Ask questions of yourself and others. Make it work for you.**
   - Be curious.
   - Why are things the way they are? Do they have to be, and do they work for you?

5. **Have the courage to do things at your own pace.**
   - Be brave, ask for help, and slow down when needed.

6. **Be flexible.**
   - Take time to find or create a path that works for you.

7. **Be kind to yourself and others and ignore those that aren’t kind to you.**
   - We all deserve to be treated with love and kindness.

8. **Be you, be different, be amazing.**
   - Dare to be you.

The above manifesto is a starting point, not an end. It has to be personal and can evolve and change as the child grows.
References


Dr. Jeremy Sutton