

absolutely fabulous

MANIFESTO

If you are doing, or can do 70% of this list

You are an *absolutely fabulous* female!

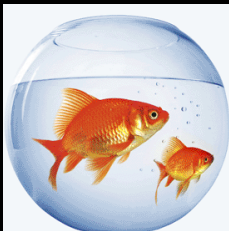
You are making the world a better place to live in!

yourself



1. Drink loads of water
2. Eat fresh, seasonal, organic food
3. Think before sticking it in your mouth!
4. Be focused
5. Find time to relax and chill out
6. Exercise regularly
7. Find and maintain your natural weight
8. Accept who you are as an individual
9. Never take life TOO seriously
10. Always have fun!
11. Recognise when you're stressed
12. Be happy!
13. Don't beat yourself up when things go wrong
14. Fail sometimes
15. Work on your personal development
16. Make intellectual purchases instead of emotional ones
17. Say NO sometimes
18. Aspire to be more, than have more
19. Get out in the fresh air
20. Watch less TV
21. Sit down to eat
22. Be inspired
23. Be less wasteful
24. Do something spiritual
25. Meditate
26. Get creative
27. Life is for a limited period so ENJOY it!

others



28. Make a difference
29. Donate to charity
30. Do random acts of kindness
31. Keep calm in traffic
32. Keep in touch with your friends
33. Support others
34. Buy local produce and support local businesses
35. Share
36. Learn how to save a life
37. Be nice to people
38. Say thank you
39. Give blood
40. Smile
41. Inspire others
42. Carry an organ donor card
43. Share a bath with someone you love
44. Listen and not interrupt
45. Pay more than the price in charity shops
46. Cook for friends

*environment
and world*



47. Think about your carbon footprint
48. Be eco friendly
49. Buy Fair Trade
50. Recycle not dump
51. Switch off at the mains
52. Don't over fill your kettle
53. Plastic carrier bags – reduce, reuse or refuse
54. Plant a tree or two
55. Switch to green electricity
56. Compost
57. Learn a different language
58. Read the Financial Times every now and again
59. Turn the thermostat down by 1°
60. Reduce, recycle, reuse, return