



Recovery Manifesto

I believe I'm so much more than the size of my jeans.

I believe in the healing power of dance parties.

I believe I can't have a healthy mind and spirit in an unhealthy, malnourished body.

I believe in silliness, rearranging furniture, and laughter.

I believe in time travel: healthy, future me can come back and help me through the hard stuff.

I believe in mix tapes.

I believe in giving myself a break from trying to be best and perfect.

I aspire to imperfection.

I believe in inspirational quotes on sticky notes, posted all over the place.

I believe in piping up and asking for help when I need it.

I believe in good mentors and true friends.

I believe I am the *subject* of my life story. I am not an *object* to please someone else's eye.

I believe in being real, even when the real me is a messy bundle of contradictions.

I believe that going through something painful cracks open your heart to make room for joy.