

THE
French Kiss Life
MANIFESTO 

Decide on the woman you desire to BE. **Set your intention each morning.** Create a desire list and add to it often. **Not everyone is going to like you; make peace with it.** Surround yourself with stellar people who are in love with life. **Look for something to fall in love with each day.** Take exquisite care of your body. **Laugh often.** Make your home a *chic* sanctuary. **Define what you value; rid your life of everything else.** Spend money on things that you truly love and add beauty or ease to your life. **Focus on solutions and possibility.** Create supportive rituals. **Make peace with your past so you can savor today and saunter into your future.** Don't compare yourself to others; you're an original. **Become your own best friend.** Choose well; buy less. **Every moment can be a fresh start.** Strive to look your best; you never know what fate has in store for you. **Don't buy into the illusion that life will be better one day; make today beautiful.** You don't need to have all the answers; just take the next step. **Take responsibility for your own emotions.** Forgive; it's good for your soul. **Use your best china.** Learn something your mother never taught you and teach it to your daughter. **Avoid gossiping and complaining.** Say *oui* to the scary things. **Surround yourself with inspiration.** Learn things that will cultivate your mind. **It's okay to slow down and touch pause.** Create supportive rituals. **Buy beautiful soaps.** Follow your curiosity daily; you never know where it may lead. **Don't follow fads and formulas just because the masses are.** Live to impress yourself; not others. **You are your best investment.** Buy beautiful *lingerie*. **Eat fresh, delicious foods until elegantly satisfied.** Be the kind of woman you'd want to hang out with. **Be kind; especially to yourself.** Spend more time in nature and with animals. **Find your signature style.** Set high standards for yourself. **Trust your gut.** Confidence comes through action. **Care for what you've been blessed with.** Honor this season of your life; it will change. **Do more of what lights you up and less of what doesn't.** Keep it simple and beautiful. **Embrace the mess; perfectionism is boring.** Kiss and hug often. **Don't wait for permission; give it to yourself.** Inspire and support others. **Always be a student.** Celebrate something everyday!

Oh, and one last one . . . GO TO PARIS . . . because it's "always a good idea."

In Love,

Tonya