

## The Uplift Manifesto

**We Get Grounded.** Our bodies contain great wisdom; getting grounded connects us to that knowledge.

We approach our work with **compassion, kindness, and humility.**

We believe in **living with open hearts.** We believe that sometimes we need to take a **leap of faith.**

We believe that good business treats everyone with great **respect** and that **begins with ourselves.**

We believe that **we are human beings,** not human doings.

We believe that **the way of business today isn't working.** We need to move toward **a more 'human' way of doing business** with a focus on open, honest communication.

We believe that **leadership is about uplifting and inspiring,** not control, greed, or injustice.

We believe in living with **purpose, passion, and conviction.** Life is short and it is **precious.**

**We choose love over fear.** Love leads to greater kindness and compassion, while fear leads to more violence in our world.

We believe in the principles of **ease, flow, and abundance. This abundance is everywhere.**

Anyone can have access to it, if we are only willing to embrace it.

We know that our birthright is to be **happy and at peace.**

We believe that, by following our **heart and intuition,** we have access to **great wisdom.**

We believe in **the power of positive thought.**

We believe in **a higher force,** that we can all trust 'the process'.

We believe in **celebrating the whole person** and the power of the Mind-Body-Soul connection.

We believe that **there is no right or wrong step on your path.**

We believe that the circumstances that cause grief and suffering are gifts or wakeup calls to change. **The change is our choice; we're accountable for our own destinies.**

We believe that **the body has a capacity to heal itself.** We believe that the **palms of the hands and the planets overhead** are narratives in our self-development.

**We believe in You.**

