

THE

Live Your  
Truth

MANIFESTO



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# The Time is Here

The time has come for you to *stop hiding*.

To stop pretending to *be* something you're not.

To stop pretending to *enjoy* something you're not.

To stop pretending to *feel* something you're not.

To stop *saying* things that aren't true to you.

The time has come for you to start living your truth.

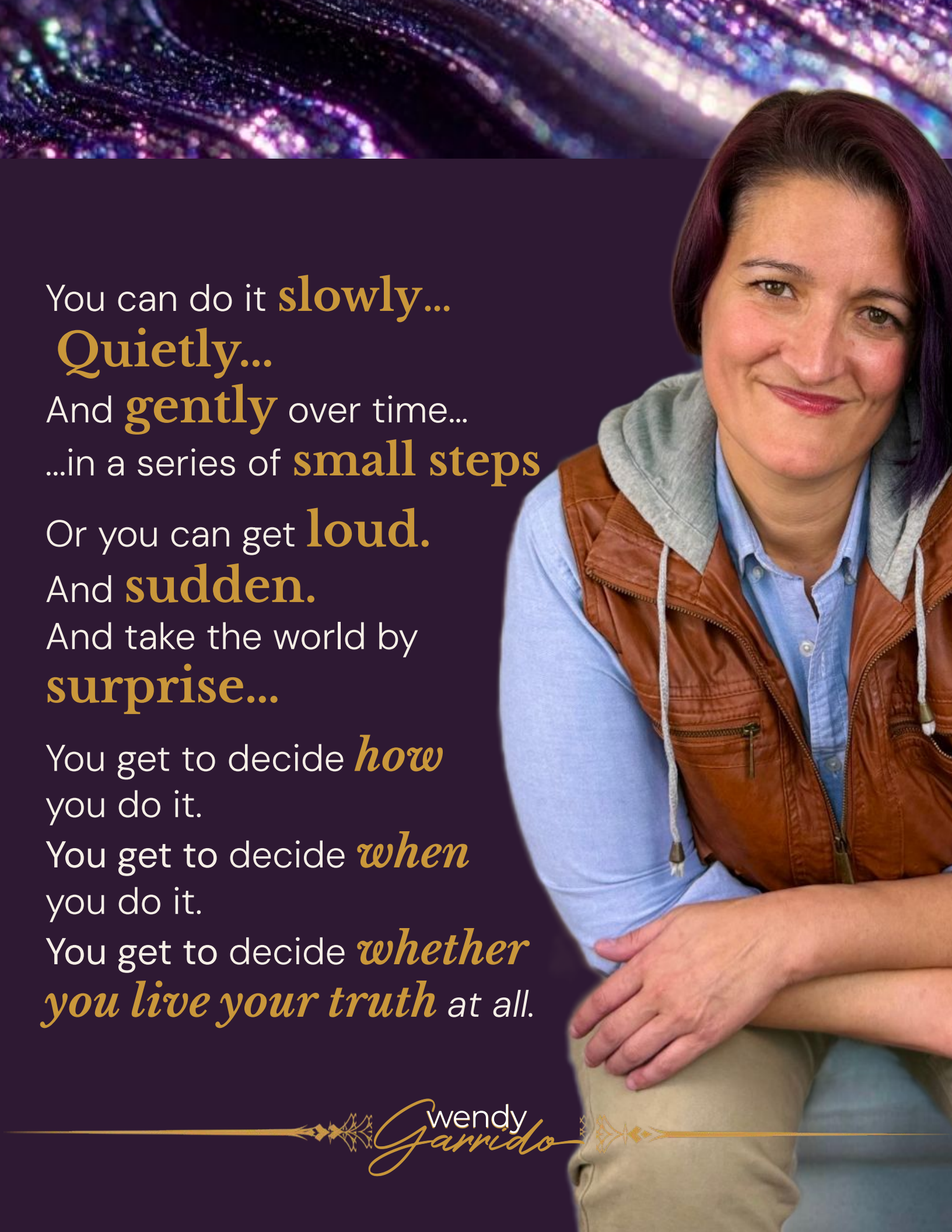
To start *speaking* your truth.

To start acting in *alignment* with your truth...

...And to start *sharing* your truth with the people

who don't even yet know that they

absolutely *need* to hear it.



You can do it **slowly...**  
**Quietly...**  
And **gently** over time...  
...in a series of **small steps**

Or you can get **loud.**  
And **sudden.**  
And take the world by  
**surprise...**

You get to decide *how*  
you do it.  
You get to decide *when*  
you do it.  
You get to decide *whether*  
*you live your truth* at all.

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I put together this  
Manifesto to *inspire* you to  
start living your truth *now*.

Not **later**.

*Today.*

Not *someday*

But today...

The decisions you make  
today, tomorrow, next week, and next year  
are *more important* than you  
know.

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These decisions you're making every day will determine the **regrets** you'll have if you are **lucky** enough to live to a ripe old age and **get to** look back on your life and take stock...

Do you know what the most common regrets are, of people on their deathbed?

**I'll tell you...**

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# The Top 5 **REGRETS** of the Dying

*as Witnessed by Bronnie Ware*

**#1** I wish I'd had the courage to live a life **true to myself**, not the life **others expected of me**.

**#2** I wish I hadn't **worked so hard**.

**#3** I wish I'd had the courage to **express** my feelings.

**#4** I wish I had stayed **in touch** with my friends.

**#5** I wish that I had let myself be **happier**.



# But You're Not Meant for That...

You found me because you need some *gentle prodding*...a nudge (or perhaps even a forceful shove) in the right direction.

Because **it's time** for you to start living your truth beyond what you ever have so far.



It's time to *make time* to enjoy the people you care about and to do what brings you *joy now*.

*Today.*

While you *still* can.

If you're reading this right now, it's because you are not *meant* to be one of the people who dies with those regrets.

(And if you do, you'll go down while you're damn well doing your best not to have them.)



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# It's Scary, *I Know...*

— ◆ —  
I get it.

If you're like most people, you might be starting to worry about...

...But what will my mom/my dad/my partner/ my kids/my neighbors/my boss/my friends think?

...But how will I get by without the money from \_\_\_\_\_?

...But I don't have the right certifications or experience yet to live my truth.

...But it hurt me when so and so "spoke their truth."

...But I don't know who I am if I am not doing or being \_\_\_\_\_.

...But I've got too many responsibilities.



# Your Concerns are *Valid*

Yes, *many* of your concerns are valid.

Not everyone *is* going to like what you have to say...

Or be supportive of you.

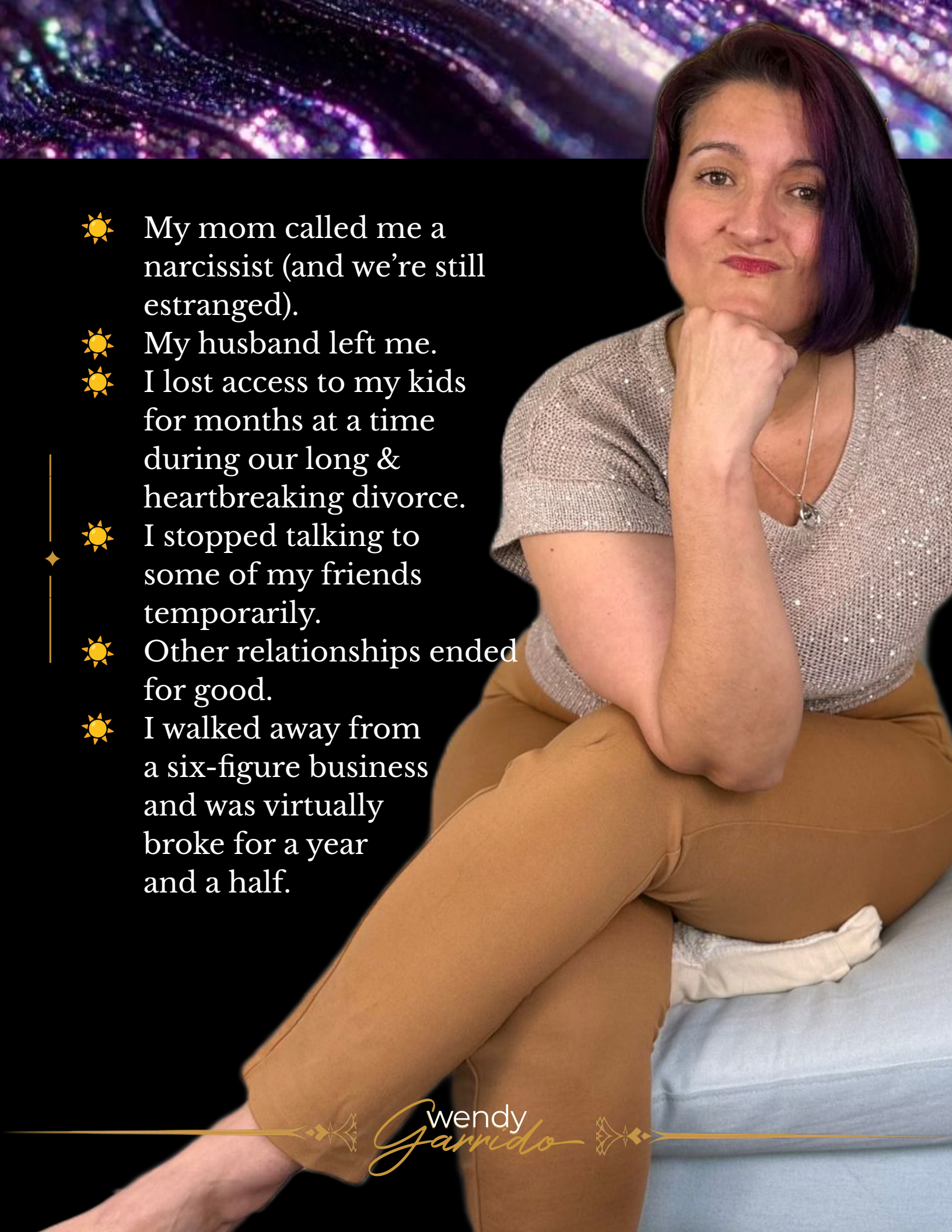
In fact, chances are, you're gonna *stir up the shit* for a while.

Heck, you'll probably be *wading right through it*.  
(Sorry for that image!)

I know I had to do a lot of wading...

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- 
- ☀️ My mom called me a narcissist (and we're still estranged).
  - ☀️ My husband left me.
  - ☀️ I lost access to my kids for months at a time during our long & heartbreaking divorce.
  - ☀️ I stopped talking to some of my friends temporarily.
  - ☀️ Other relationships ended for good.
  - ☀️ I walked away from a six-figure business and was virtually broke for a year and a half.

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I'm not saying it's *easy*.

I'm saying it's *worth it*.

◆ Will you pay a *price*?

Of course.

But is the cost of living *your truth* higher than the cost of living your life pretending to be someone *you're not*?

I don't believe it is.

◆ I can fully, unequivocally, without question, tell you:

*It's worth it* to live a life where you feel happy, supported, grateful, enthusiastic, on purpose, connected, turned on, and *lit up* by your everyday experiences.

◆ And even though, the reality is, that you probably aren't going to feel that way *all day, every day* no matter what.

It is, still, hands down, *absolutely worth it* for all of the days and moments when you will.

◆ *You ready to start?* ◆



# The ANTIDOTES

**#1** I wish I'd had the courage to live a life true to myself, not the life others expected of me.

*Live Your Truth*

**#2** I wish I hadn't worked so hard.

*Stop Pushing Yourself So Hard*

**#3** I wish I'd had the courage to express my feelings.

*Be Vulnerable*

**#4** I wish I had stayed in touch with my friends.

*Prioritize Quality Connection*

**#5** I wish that I had let myself be happier.

*Laugh, Play, Have Fun, Enjoy TODAY*



# *Start Here.*

- ◆ As of today, I give myself permission to *feel my feelings*.
- ◆ I'm going to do *less* of what I “**should**” do and *more* of what I actually **feel like** doing.
- ◆ I will speak with more *integrity*.
- ◆ When I *don't* know the answer, I will say “I don't know.”
- ◆ When I *do* know the answer, I'll say it as best I can.



# And...

- ◆ I will take actions I can stand behind with *integrity*.
- ◆ I will *ask for help* when I need it.
- ◆ I will *say "I'm sorry"* when I feel regret.
- ◆ I will *embrace my quirkiness*.
- ◆ I'm going to *take a step in the direction* of something I feel **curious** or **enthusiastic** about.



# Remember...

- ✿ Don't let the fact that someone else has spoken their truth first keep you from speaking your own.
- ✿ Be kind to others, but equally, if not more kind, toward yourself.
- ✿ You will (when the time is right) face the big, hard truths (not just the easy ones).
- ✿ Count any step toward your truth as progress.
- ✿ Be gentle with yourself.
- ✿ Give yourself permission to make mistakes and fuck up.
  - ✿ Give yourself permission to change your mind.
  - ✿ As many times as it takes.



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# Remember...



- ❁ Be as compassionate as you can toward others, without compromising on your own truth.
- ❁ Remember, in the midst of the chaos and the shit-wading, that you **CHOSE** this path, and you can make a different decision at any time.
- ❁ Remember, as you're lost in a delicious moment with someone you love, why you've chosen to wade through the shit sometimes.



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# It's Not Just Us

Every day there are more brave individuals deciding to take another step toward living their truth, thanks to inspiration from someone else in their life!

## ◆ **Forward to a Friend**

If you want to take a moment and send this to a friend, go right ahead.

## ◆ **Get on the List**

If you've received this from a friend and want to join the movement, go to: [www.WendyGarrido.com](http://www.WendyGarrido.com) and sign up to stay in the loop.

You'll get more information, inspiration and resources related to living, speaking, and sharing your truth.

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# Want My Help?

Ready to Live More of Your Truth in  
Your Business or Your Relationships  
(or both!)?

- ◆ If you're living the life you used to dream about and it doesn't quite fit anymore, you're exactly who I work with.

*Let's talk.*

- ◆ Book a call and let's figure out what's actually going on and how to get where you want to go from here.

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# Let's Connect

**Reach Out Now**

Shoot Me a Text or Audio Memo

(OR EMAIL OR DM IF THAT'S MORE YOUR STYLE...)

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