



A M A N I F E S T O F O R 2 0 2 6

BY CHRISTINA GREVE

- ✓ I give myself permission to begin again, no matter my age, no matter how many chapters came before this one.
- ✓ I trust the quiet whispers inside me, even when they ask me to step into the unknown.
- ✓ I allow reinvention to be slow, curious, playful, and imperfect. I do not rush what is still becoming.
- ✓ I no longer shrink to fit old roles or outdated expectations. I outgrow what no longer feels true.
- ✓ I choose a life with less noise, less pressure, and more presence. A life that feels like mine.
- ✓ I honor my intuition as my compass, my body as my home, and my wellbeing as my foundation.
- ✓ I let go of the idea that it's "too late." Reinvention has no age limit. Permission comes from within.
- ✓ I allow myself to evolve, to soften, to pivot, to expand. I am not defined by the past. I am shaped by what I choose next.
- ✓ I welcome the practices that strengthen and nourish me; movement, mindfulness, rest, mobility, nourishment, and emotional clarity.
- ✓ I trust that every small step, even the uncertain ones, are guiding me toward a life that fits who I am becoming.
- ✓ I honor both my courage and my fear. They can coexist. I move forward anyway.
- ✓ I surround myself with women who lift, inspire, and remind me that growth is always possible.
- ✓ I step into this new season with an open heart, a grounded body, and a willingness to be changed by what I discover.

This is my new beginning. And I choose to walk into it; fully, bravely, and with both feet in.