

# THE "EAT YOUR CAREER" MANIFESTO

1. Work can be an enriching, **NOURISHING** life experience (not just a paycheck).
2. You don't ever have to "settle" for work that harms your **mental, physical, EMOTIONAL or spiritual** health.
3. Being **VOCAL** about your value at work isn't the same thing as bragging; it's possible to be **CONFIDENT** and **humble** at the same time.
4. Your career is an **important** part of your **identity**, but not ALL of it.
5. Career transitions—whether big or small—are as **EMOTIONAL** as they are tactical. To succeed, you must **HONOR** both sides.
6. Great careers don't just happen. You have to be willing to **do the work**.
7. Regardless of economic conditions, there are always opportunities waiting to be **created**.
8. Career **FULFILLMENT** is **not** a myth, but **PERFECTION** is.
9. You always have the power to **change** your career circumstances, and in doing so you can change your entire life.
10. There's no time like the present to **BEGIN**. Whatever you want, it's out there, waiting for you to **TAKE ACTION**.