

## Make a Manifesto for YOU

In the excellent *Dare to Be You*, Matthew Syed describes a plan he came up with in his youth to find and follow his *own* path, question the world he found himself in, and change what wasn't working well in his life. He describes his plan "as a manifesto for daring to be ME" (Syed & Triumph, 2020).

You and the child you are working with should together tailor, as appropriate, the following modified manifesto. The child can refer back to the set of principles when needed; it will help provide confidence in the person they are, the individual they want to be, and make sure they make their own choices, rather than respond to peer pressure:

- 1. Be friends with people who like you for who you are.**
  - People who try and make you into someone else, are not real friends.
  - There are friends out there who will like you for the person you are.
- 2. Make choices based on what feels right for you.**
  - Don't let doubt make your decisions for you.
- 3. Never blindly follow. Be YOU.**
  - Following, unthinkingly, is not authentic to who you are.
- 4. Ask questions of yourself and others. Make it work for you.**
  - Be curious.
  - Why are things the way they are? Do they have to be, and do they work for you?
- 5. Have the courage to do things at your own pace.**
  - Be brave, ask for help, and slow down when needed.
- 6. Be flexible.**
  - Take time to find or create a path that works for you.
- 7. Be kind to yourself and others and ignore those that aren't kind to you.**
  - We all deserve to be treated with love and kindness.
- 8. Be you, be different, be amazing.**
  - Dare to be you.

The above manifesto is a starting point, not an end. It has to be personal and can evolve and change as the child grows.

## References

- Syed, M., & Triumph, T. (2020). *Dare to be you: Defy self-doubt, fearlessly follow your own path and be confidently you!* London: Wren & Rook.

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