



cultivating
harmony
manifesto

by albare mood

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Leave people enriched from their interaction with you

Contribute to people. Take the time to say hi to your coffee barista and ask her how she is as if you mean it, not as if it's just something you do because it's polite.

Don't judge a book by its cover

Everyone is doing the best they can. Try not to judge a situation because there could be so much more going on.

Don't take it personally- it's (almost) never about you

As humans, we have a tendency of projecting our own insecurities and issues onto other people, and we really like to point them out to make ourselves feel better. If someone is projecting on you, it's their problem to deal with. Don't carry it with you – let them have it.

Even if the glass is half empty, look at all the space created!

Half full, half empty, doesn't really matter. You can always refill it with something else.

Everyone in our lives can teach us something (no matter how much they annoy you)

Good or bad, we can learn from every interaction with another human being. Whether that lesson is patience, love, or humility, look at every interaction as an opportunity to grow.

If you feel uncomfortable in a situation,listen to your true self

Don't worry about what others say or what others think. If they disagree with you, that's fine, they are entitled to their opinion. And that's all it is. An opinion. Nothing anybody says has the power to defeat your thoughts or ideas unless you give them that power. When you are listening to your true self, to your gut instincts, to your passions, no words will be able to bring you down!

Be more like animals

They don't dwell, they trust their instincts, and they live in the moment. They just "are" with no judgments, assumptions, or personal agendas.

Surround yourself with like-minded people

There's no logical reason to be around people who don't support you and don't encourage you, so don't waste your time.

Unstoppable doesn't mean you're never stopped, it means you push through obstacles

This is probably the best advice I have ever received. So often we want to be "unstoppable" but as soon as something bad happens, that thought flies out the window, because, after all, you've been "stopped." But it's not about smooth sailing, it's about persevering and making it through to the end goal regardless.

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