really?
what would happen if your world just changed overnight, if everything you knew about yourself and others just transformed into the best ever version there is?

the goodness manifesto is exactly this. read it. try it. no, do it. one thing per day atleast. for 30 days. it’ll change the lives of those around you.

forever.
and in many ways.....yours. and ours*

what the....?

* and thats why i wrote this manifesto.
connect >>

this manifesto is all about connecting with people. at work. at school. at college. at your playground. the parking lot. the supermarket. the bus station. the bus. home. on the street. in a taxi. in your dreams @you
smile*

* @ everything, everybody today!
# 2
reach out

*to at least one person today

#3
reach in you. why? how? more?
admire.

stop trying to understand and **simply** admire. remember how it was like to get on the train the first time in your life, or the bus or a flight. how you admired! go admire now.

“You always admire what you really don't understand.”

---

Blaise Pascal
compliment

start with one and
don’t stop till your done
with notes and words
and pretty poises

# 6

You ARE beautiful.
BABE
EXAMPLES

MONDAY
nice photography

TUESDAY
nice tweet

WEDNESDAY
cool ringtone

THURSDAY
nice spacing

FRIDAY
great coffee

SATURDAY
great driving

SUNDAY
you’re a great listener

FOREVER...
gaze, stare. look fixedly, gape, goggle at, eye, look, study, scrutinize, take a good look; ogle, eyeball with authenticity today @ one person/event/thing/service
play* with your

@ your desk.

{ presentation
design
homework
pitch (work)
pitch (game)
fork
folks
ye old blokes
dressing
accent
writing
excuses
work.

# 8

*best game only
give
give it all

- one person
- money
- assignment
- duty
- responsibility
say hi!

70% of the number of people on your phone contact list that you haven’t called in the last six months.
now meet them!
(some of them at least)
appreciate
look differently*

*at {people/things/yourself}
motivate one person.
laugh. loud.
share. in person. with a person.
jump.
cry.

# 19
best work = then rest
wrote this point as the flight was taking off.
indigo flight 6E 153 from delhi to bangalore.
pray. a prayer.
bless. now. anybody
expect nothing.

today. from anybody. or any situation.
shhhhh.

stay silent. all day.
the mind too.

# 26
dance
teach
.love
unlimited
thank
profusely
genuinely
do it* for free.

* something. anything. repeat.
who dreamt this manifesto? donypeter.

donypeter?
Life Coach, Speaker, Trainer and an Idea Evangelist by profession, Dony Peter, has been speaking to thousands of individuals on how they can experience the power of awesomeness in their professional/personal/spiritual lives in over 5 Continents. Over the past decade Dony Peter has travelled to over 16 countries connecting with people with a passion, energy and enthusiasm thats hard to let go!

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