

# The Modern Manual *for Women*

WRITTEN WITH HONESTY · READ WITH COURAGE · LIVED WITH GRACE



## ON CHARACTER

**Be generous · forgiving · honest  
hard working · kind · helpful  
attentive · mindful.**

*With others. And with yourself.*

## ON PARTNERSHIP

**He is not another child.  
You are not his mother.**

Tell him if you don't share his preferences. And move on.

## ON BEING A PRINCESS

*Disney lied. There is not just one princess.*

**Everyone is a princess.**

**Take a break, or two.**

*Put your phone away.*

## ON RECEIVING

**Take as much as you give.** Or more. *That's ok.*

*A man is born through a woman. He is raised by a woman. Falls in love with a woman. He marries a woman.*

**So, you can expect respect from him.**

## ON LIKEABILITY

*You were taught to be likeable.*

**Choose to be real instead.**

*You were taught to wait to be chosen.*

**Choose yourself first.**

## WHAT A REAL WOMAN NEEDS

**Solitude. Time. Space. Permission.**

*Give yourself all of it.*

**Cry.** It's not weakness.

*It's your nervous system doing its job.*

## ON BOUNDARIES

You don't have to be everything to everyone.

**Say no. Loudly.**

*Without explaining yourself.*

**No is a complete sentence.**

## ON ANGER

**Your anger is valid.** Don't swallow it.

**Don't apologize for it.**

*Let it tell you something.*

## ON YOUR SPACE

**You are not too much.**

*You were never too much.*

Stop making yourself smaller in rooms where you belong. Stop trying to fit where you don't.

*If you don't feel you belong — maybe you're right. **Move on.***

## ON SOLITUDE

**Being alone is ok.** *Being quiet is ok too.*

## ON OTHER WOMEN

Don't compete with other women. That game was invented to keep you distracted.

*Your intelligence is not intimidating.*

**It's magnetic.**

**Read. Read. Read.**

*Then form your own opinions.*

## ON MONEY &amp; AMBITION

**Money is yours.** Earn it. Keep it. **Invest it.**

*Financial independence is not greed. It's freedom.*

*Ambition is not selfish.* Want things. **Big things.**

**Go get them.**

**You don't need permission.**

*You never did.*

## YOU ARE A CREATOR

**Plant that tree.** Build that home. **Raise that child.**

*If you have kids, have them early.*

*But also — **Build that career. Take that trip. Write that book.***

*None of it cancels the other.*

## ON SISTERHOOD

**Protect your female friendships.** *Fiercely.*

They will save your life more than once.

## ON YOUR BODY

**Your body is not a project.**

Move it because it feels good, not to fix it.

**Feed it. Rest it. Trust it.**

*It has carried you through everything.*

## ON YOUR MOTHER

**Forgive your mother.**

*She was figuring it out too — with less information, freedom and support.*

## ON LOVE, BOUNDARIES &amp; COURAGE

Know the difference between being **needed** and being **loved**.

*You deserve to be loved.*

**Set boundaries. Hold them.** Even when people don't like it.

**Especially then.**

**Ask for help.** Without shame. *Receiving is also a skill.*

Develop a sense of humor about all of it. About the absurdity of being a woman in this world. **It helps.**

Don't let the world turn your **softness** into weakness.

**It is your greatest strength.**

**Be courageous.** In the quiet ways too. Courage is staying in the hard conversation. *Courage is leaving what no longer serves you.*

*About Love — **trust your heart and your best friend.** Contradictions don't matter. **They are part of your path.***

**Take up space.** In every room. In every conversation. At every table.

There is no work life balance. **There is just balance.** Can you have it all? **Yes, yes and yes!**



**Be curious · Stay present · Forgive yourself · Keep going.**

*Other than that: just keep playing.*

*Leave your door open.* · **Love yourself.** · *You are perfect.*

*Sleep in that princess bed — but also have a hammock. Just in case.*

**"You can't lose — you just don't know how long you are allowed to play."**

Control is an illusion. **Be present** and enjoy the moment instead. *Let go. Good things will always come back.*

**Anyway. Buy that lipstick. Wear it.**