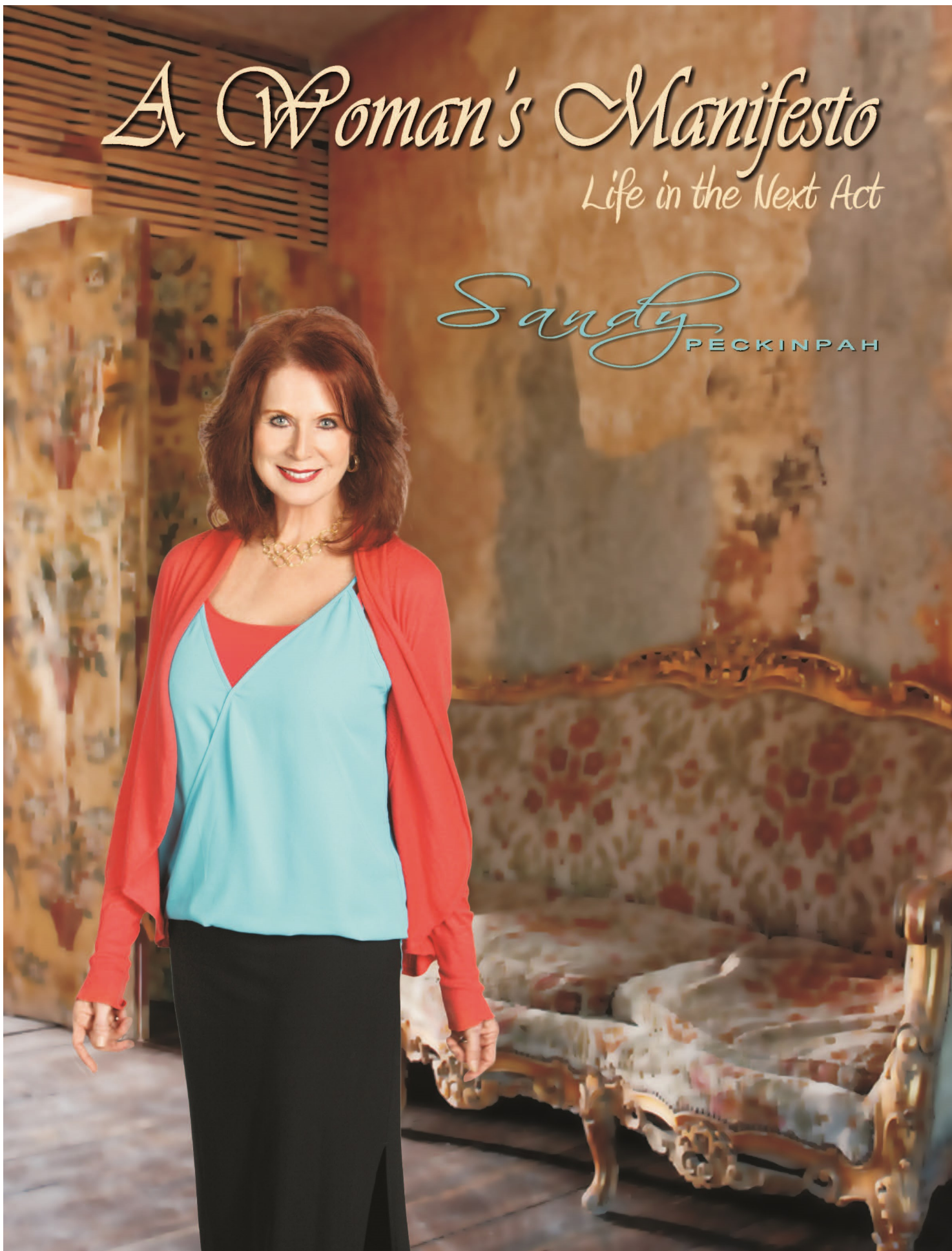


A Woman's Manifesto

Life in the Next Act

Sandy PECKINPAH



A Woman's Manifesto

Principles to Live by while Creating the Next Act of your Life

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Introduction

Once upon a time...

I was a woman who believed if I was good, honorable, and true, nothing bad could ever happen. I thought I had a fairy tale life and then suddenly it wasn't. I never realized how much I had counted on life going the way I'd planned; a loving, successful husband, 4 beautiful children, a gorgeous home, I had left no room for the unexpected... and yet it happened one day when my son died suddenly.

How could that have happened? I thought I had reign over my fairy tale life. Suddenly, I was a woman in a story I didn't recognize. I hadn't written this chapter in my vision book of for my future. I lost my son, my marriage, and my life as I knew it...and the castle walls fell to the ground. I thought I could never be happy again...

I didn't know then, there was something inside of me that wouldn't let my spirit die. People think sometimes they don't have a choice, but that's simply not so. I chose to rise up with intention and have my life flourish once again. Through joys, sorrows, the unexpected, I've learned the first act is just the foundation for building a life beyond your wildest dreams.

“The modern woman is a blur of activity. She is pressured to be all things to all people.” -Clarissa Pinkola Estes, Ph.D. We're now in the second act of life... it's time to stop. Now is the perfect time to return to our deepest nature; nurturing ourselves and embracing all that we have learned, all that we are, and all that we're about to become.

To all women in the second act of life...

...Join me in honoring the wisdom of our legacy years... It's the perfect time to dream, imagine, and create the possibilities for our future. Now that we are living in those remarkable years, the world is waiting for us... women of wisdom, to give birth to this second act of life so we can share our relevance, our value, and inspiration to those just waiting in the wings. You were born to speak a message only you can share. We have earned the right to be seen and heard.

Successful women become that way because they had something happen in their lives, or a turning point that made a clear, unmistakable call to action. This can happen at any age but we see it more in women who have sudden, unexpected life challenges like divorce, loss, lifestyle changes, or the children leave the nest. They accepted their lives would change, and rose up to take command.

Be bold and take command...

...Rise up to honor the life that is uniquely your own. Just imagine what it will be like to move past old beliefs and empowering yourself with a new set of principles. Just imagine living fully in your own feminine style, motivated and confident to take the next step. Nothing is holding you back now, but yourself. Just imagine what it will be like if you don't.

If you're ready to light up your life, live your dream, and finally engage your passion and power, I invite you to embrace this declaration as your own call to action.

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We... as women, know...

1. We're at the age where we can embrace fierceness and fearlessness.

Think of all you've survived and, yet, you're still standing! *But* you've experienced fear, oh yes you have. Consider this, "*If you don't know the nature of fear, then you can never be fearless.*" –Pema Chodrin, author and Buddhist Nun. You can't be fierce unless you've achieved fearlessness. Now is the time to go for it! Pull out and dust off the vision you have for your future because your timeline doesn't have an end date yet. If you give up too soon, you may have been standing at the doorway of your dreams coming true.

2. Now is the perfect time to finally be doing something we love.

We feed our deep creative hunger by giving ourselves the gift of putting our talents and dreams into ideas and manifestations for our future. If you have an inkling of what your life's purpose might be, it's time to actively pursue it. If not, go on the journey of discovery.

3. Sometimes we need help.

If you've been struggling with something or need help moving to the next level in your personal or professional life, it may be time to make use of a coach, a therapist, a mentor, or enroll in a program that can assist you. When I surrendered to this fact, my whole life changed. I say, "surrender" because I kept thinking *I should be able to do this on my own*. The truth is, there are times we need to seek professional guidance to help us move forward with our lives. Consider this... When was the last time you paid someone to help you? *Now* might be the *right* time.

4. **We will keep our drive young-at-heart and *never* use age as an excuse.**

We should never, ever say things like “at my age...” or “I’m too old to...” This is limiting and changes the beautiful years ahead into resignation rather than fulfillment. By using age as an excuse, it attempts to justify a lack of commitment to your dreams by saying, it’s too late, or I’m too old. Louise Hay started her business at 60 when she sold her self-published book, **You Can Heal Your Life** out of the trunk of her car. It was just the beginning of her publishing empire, Hay House. Now in her 80’s, Louise still heads the company, attends all the conference, and is a fearless leader of one of the most life changing companies in the world. If you haven’t discovered your life’s path yet, it’s time to take steps to uncover it. Listen to this video on how my dear friend discovered what she was meant to do... it may surprise you!

<https://youtu.be/zaepv0hIFCg>

5. **It’s the perfect time to shine the light on our secrets that have held us bound by our shame and pain.**

Whether it is something you did, something that was done to you, or something you experienced, it’s time to release it and the hold it’s had on your life. Be transparent and break the shame open by speaking to someone about your secret. Then, it lay bare, exposed, no longer attached as pain. Then, we can safely extract what we’ve learned from it, and use it to empower the next act of our lives. Pain needs to be witnessed to heal. We enlist our sisters to be a witness for each other and burn our shame in ceremony to the new life we will live without The SECRET. “Shame is the fear of disconnection”-Brené Brown (see Brené’s TED Talk on [Shame, Vulnerability, and Empathy.](#))

6. **We will use hindsight wisely.**

Hindsight is often attached to regret. It serves no purpose other than to torment our present lives. However hindsight *transformed* becomes wisdom, and that’s how we learn the truth and the gifts that are often hidden in our

past. Bring them forward ... and you'll see the beautiful tapestry of who you are, and why.

7. We have enough life experience to be able to recognize intuition, gut feelings, or goose bumps as a summons to pay attention.

You always know. Trust it. **Oprah** calls them the tiny whispers we can't ignore. Good decision makers use intellect and instincts to shape their lives. Learn more about intuition from Women on the Fences Editor and Chief, [Erica Diamond](#).

8. We sometimes struggle with forgiveness, but know it is the only way to return the spirit to its state of grace.

Forgiveness is one of the most misunderstood concepts of the human spirit. It doesn't mean to overlook or accept what someone did to you, or even surrendering as a victim. Forgiveness is letting go of the anger it has caused you. It's a process of stopping the practice of obsessing in order to give the psyche time to rest. It's relieving yourself of the burden of punishing the other person consistently in your mind. Eventually, the need to tell the story to yourself or others, and the ties that hold you hostage will dissipate into having no need to talk about it at all. Read more about forgiveness in [Women Who Run With the Wolves](#)

9. Gratitude is important and we actively practice it every day.

Take a lesson from Oprah and start a Gratitude Journal. We know the big things we're thankful for, like children, friends, love... but it's also important to acknowledge the simple things like the flowers outside your window or the delicious latte you're sipping. All of these little things add up to the realization that our lives are filled with good things and sacred moments. It's also important we don't get down on ourselves if we're not feeling it. I'm filled with gratitude for the wonderful parts of my life, but I'm also still mad as hell at the stuff that's been ripped out of my life.... like my son. That's pretty much the

big one. Honor gratitude, but don't think there's something wrong if you wake up some mornings, and you're just not feeling it. Try taking a walk in nature to revive your spirit and get back to gratitude.

10. We will never let go of our need to be touched, held, and loved. We also promise to be the person that reaches out and touches, holds, and loves others.

It's human and necessary. It fuels us, it brings us connection, and it releases endorphins that help us feel good and age well. Isolation wraps us in a cocoon of self-centeredness. It prevents us from connecting to the world. When we reach out and provide a loving connection for others, we've completed the circle of love and it gives us the gift of knowing we made a difference in someone's life. [Robert Holden Ph.D: Loveability, Knowing how to Love and Be Loved](#)

11. We can't allow ourselves to believe the myth that love comes once in a lifetime or that there is only one soul mate.

This is simply not true and it's a belief that is damaging to those of us who lost our true loves either through death or divorce. Heartbreak comes in many forms, but you are capable of healing. As a woman of substance, you learn through those difficult times to stand on your own, but sometimes that builds a wall, keeping others out. We are human beings who crave human contact. If you are one of the lucky ones to have your one lifetime soul mate, celebrate! If not, be open to the possibility there's another great love just waiting for you. Turn your green light on. I'm so glad I did. Read about it here: [Enchanted Love](#)

12. It's time to fall in love with who you are.

Try this simple tool from author of **Heal Your Life**, Louise Hay: Every morning look in the mirror, into your eyes and say, "I love you... I really love you." This will begin your love affair with yourself. It might be hard to do in the beginning.

The first time I did this exercise, I cried. Why? I think it was because I had been struggling so hard to hold center for my kids after their brother and father died. What I longed for was for someone to acknowledge how far I'd come and how hard I'd fought to keep my family stable. I wanted someone to hold me and tell me I would be fine and that I was loved. What I didn't know then... that person was inside of me all along... I just had to learn how to love her. Be willing to trust in the possibility that this just might be an opening into finding yourself and loving the wonderful person you are. This article might help: [16 Simple Ways to Love Yourself Again](#).

13. We must embrace our beauty now. We acknowledge that we must take steps to maintain physical health now and from this day forward. It's non negotiable.

Because of Dr. Christianne Northrup's work as a woman's doctor and health mentor, I gave this aging process a makeover in my head. Her book, [Goddesses Never Age](#) will prove, without a doubt, that how you're going to get older is up to you. She says, "Getting old is inevitable; aging is optional. Belief trumps genes." Make a commitment to exercise and eat in a healthy way. Pay attention to getting enough sleep, spirit tune-ups, and regular check ups at the doctor. It all contributes to the quality of life you'll lead in this act. Embrace body maintenance as a key component to uplifting our energy, effectiveness, and our beauty. One more thing, when someone says you look beautiful, don't make excuses for the dress, or try to devalue it... just say "Thank you!" Own your beauty!

14. We can dress and style ourselves the way that best represents how we want to project who we are to the world.

Did you know that successful people look great most of the time? This doesn't mean you always have to dress up, but it does mean to look your best. For example, if you're going to the gym, wear your best work out clothes and not a tired old stained tee shirt. It will provide more motivation for you feeling

good about yourself while you're exercising; and then, if you have to stop at the grocery store, you won't mind running into your best client. We're no longer bound by cultural restrictions; we get to look great on our own terms. For example, I was always told I had to cut my hair when I turned 50! Really? Why? I've always had long hair and it makes me feel beautiful. If you're struggling with style at this stage of your life, it might be time to hire a professional stylist to give you an objective opinion on how you can look your best with ease and grace.

15. We commit to a spiritual practice every day.

We have arrived at the age of knowing our spirit needs to be recharged and downloaded in order to continue creating our legacy years. Studies show that great women have all implemented spiritual practice as a key tool to well-being, wisdom and wonder in the second act of life. Be inspired by Arianna Huffington's book: [Thrive](#)

16. Our homes reflect who we are.

Our homes are the physical manifestation of the life we live. We care for it in the way we should care about ourselves, by choosing the things we love to surround us. If our home is cluttered, so is our life. The changing of your environment-your home- should also be a work in progress; otherwise it would be as boring as eating the same thing every day! Consider freshening the interior with a change of paint, new pillows, or just re-arranging furniture. Read more in [Passion by Design](#). We spend so much time at home, it should be a place of peace and joy.

17. When we think all is impossible and life is in chaos, that's when we're on the brink of change.

Embrace it and consider the feeling of chaos as a stepping stone to your next stage of life. You're not broken or trapped; you're just about to discover the next step, the missing link, or the secret to taking reign over your own life. It's

called resilience; it's the ability to bounce back. Here's an important article and audio recording that will help: [The 10 Secret Traits of Resilient People](#)

18. Express your love to those you love, and leave nothing wonderful unsaid.

Research shows that people's biggest regrets at the end of their lives are the things they didn't say to those they loved. There's nothing more important than expressing love to your family, your children, or your partner. Give them the greatest gift by being fully present when you are with them. Learn how to have real conversations and look into their eyes when you tell them you love them and why they are wonderful. Just in that one step, you'll discover the essential key to a happy life... *expressing love* is the greatest game changer of all. When we express love frequently and before it's too late, it bounces back to scoring a happy life.

19. We never underestimate the value of girlfriends.

In nature, when a female elephant is sick or wounded, the other females form a circle around her. They protect her, nurture her, and watch over her until she is strong enough to stand on her own. This is how my circle is. When my son died, my divorce happened, and my husband passed away, they were all there, circling around me until I could stand on my own. Nurture your friendships, honor the girl code of ethics, and hang onto them for the rest of your life. They are your treasures.

20. Our compassion and reverence for others unites us.

As a mother who lost her beautiful son, I cannot help but be connected to other mothers who are grieving. I reach out to dry their tears, knowing it likely will bring back my own, and that's okay. The bond of sisterhood is to be honored; whatever the circumstance that unites you.

21. We've learned to tame the jealous monster because we know what ever is meant for us is just perfect and doesn't belong to anyone else.

Jealousy in any form holds us back from our personal greatness. We must learn to be happy for others. Jealousy is ugly and serves no purpose, and instead prevents us from truly enjoying our present lives. “The amazing thing about love and attention and encouragement and grace and success and joy is that these things are infinite. We get a new supply every single morning and so we can give it away all day.” -Glennon Doyle Melton, blogger, [Momastery](#).

22. We have learned to say “no” without excuses.

We now have sovereignty over our lives and realize we no longer need to say yes to be loved. Go on a “no” campaign and only say yes to the things you truly love and support. Practice this line *without apologizing*: “I won’t be able to attend (or participate, or help) but thank you for asking. I hope it goes well.”

23. Once in awhile we’re going to be in a funk.

If you think about it, it’s usually caused by emotional exhaustion, overwhelm, or lack of sleep. When it happens, just let it sit for a little while. There’s nothing wrong with you, and you don’t need to feel guilty about it. We’re human, not machines. We’re going to have down days and that’s okay. Sometimes the best antidote is girlfriend time.

24. We will take command of our money story.

I remember seeing the actor, Will Smith, interviewed by Oprah, and she asked if it felt good to be rich. He said he still falls asleep worrying about money. That’s the pattern he’d learned in life. *Will Smith!* If *he* worries, then “worry” is really the enemy of our spirit. “Worry” is just fear at war with your faith. Never let career or money issues spoil an evening with your partner, ruin a day with your child, or interrupt your sleep at night. There is never an amount of money in the bank that will make you feel safe or happy, because a number doesn’t have that power. What will give you security is, knowing your money story and how to strategize for your future. No longer will we

guess about our credit score, our credit card debt, or which stocks our portfolio manager has in our retirement fund. If you don't have a money plan, vow to begin today. Get started now and learn from the leading authority on women and wealth, [Barbara Stanney](#).

25. We will vow to always keep learning because a healthy mind is a curious mind.

Continue reading, taking classes, doing seminars, joining study groups, hiring coaches, and participating in mastermind groups. What you learn from other people will enhance your life and awaken you to the possibility of an even greater future. Read how to use a curious mind effectively in Brian Grazer's book [A Curious Mind, The Secret to a Bigger Life](#). He's a mega movie producer who achieved remarkable success because he learned to be curious and ask questions. Long ago, he made a commitment to himself that he would meet one new person every single day. He's kept that commitment and it's the reason why he met the people who opened the doors to his success.

26. When you have a tragedy or a loss, recognize it as a time to grow in faith, strength and meaning.

William Bridges author of **The Way of Transition** wrote: "Change can happen at any time, but transition comes along when one chapter of your life is over and another is waiting in the wings to make its entrance." You need to acknowledge and feel the pain before you can heal it. Your faith can help you with that transition. Giving back can also help with healing. Dr. Viktor Frankel, a neurologist, psychiatrist, and Holocaust survivor writes "In some ways suffering ceases to be suffering at the moment it finds meaning." When my son died, I began volunteering to help other parents as they struggled through the grief process. I didn't realize it then, but in looking back, I had transformed my suffering into meaning.

27. When you try to hold on to something, someone, or sometime too hard, it's the very moment that it can no longer exist in joy because "need" takes the joy away.

"Need" is a difficult emotion with fear attached. We all think we need certain things or people in life, but if you focus on the pleasure of what you have today, it diminishes the fear of loss. We only have today... let's embrace it.

28. We don't need to resist tears.

When you feel it, let the tears flow. Don't feel you're weak, tears serve a purpose. Did you know that tears of joy and tears of sorrow have a different chemical make up? Tears of joy feel so good, but sometimes tears connect us to the very thing we need the most, bathing in self-comfort. Don't you always feel better after a good cry? Save for the puffy eyes, just remember our tears serve the purpose of cleansing our spirits.

29. Look back to your child heart to discover soothing activities that encourage a tranquil mind.

Discover the joys in doing things from your childhood, like painting, writing, music, swinging on a swing, digging in the sand, brushing our hair, bathing in a bath of bubbles. People often say, "Oh no, I'm not creative." But look at your childhood. A Popsicle stick transformed into a stick puppet was hours of fun, and a bucket of sand became a sand castle for a fairy tale. Find your creative gifts and you'll find a valuable tool to redirect your sadness, challenges and frustrations *into* clarity, peace, acceptance, and yes, even joy. I promise, borne out of your creative spirit is a new life waiting to unfold. Read more to discover activities you can choose from, and the secret to using creativity to soothe our spirits: [Creativity Heals Chaos](#)

30. Never say... *someday*. Give yourself a timeline to actively pursue your life's purpose.

It's actually easier to manifest quickly when you set timeline goals rather than wistfully hoping *someday*... It's the law of momentum. Ask yourself: *Am I feeling a calling, a transition, a pull to look at something new coming into my life?* If so, are you able to name it yet, or is it still just a feeling of restlessness. Structure your timeline for this to be active in your life. If you haven't discovered your life's purpose yet, take active steps to uncover it. The best gift you can give yourself is to strategize the discovery process. Consider starting here: [Discovering your Heart's Desire](#).

31. It's important to make your Statement of Legacy now.

Look at your life story and decide what you want it to stand for. Write that in a statement, much like businesses do a mission statement. It can be something you did for someone that changed his or her life, or the rescue of a pet, or volunteering at a shelter. It can be writing a story that gave people hope, or baking a pie for the widower next door. Your work can be a great source of your legacy.

Mine starts like this:

I, Sandy Peckinpah, am a woman who has experienced loss and heartache, but in the process of healing, I learned how to help others. I enthusiastically share my knowledge, compassion, and writing to inspire others to heal from the pain of their past, resolve the chaos that is present, and help them to uncover their future.

This last step, *making a profound statement*, sets you on the path to your personal legacy... and it's going to be *great!*

32. Look at your past as the first act in your life script.

By recognizing this, you'll see the cycles you've already lived. There is no story without conflict, but you've survived! The knowledge of where you've come from gives you the enlightenment to negotiate the next act of your life

on your own terms. I believe so much in the value of doing this step, I've created a complimentary 5 page worksheet to easily document and extract the importance of the life you've already lived, click here: [special 5-page worksheet](#)

Now is the best time...

...to write the second act of your life. The dreamer within you is ready to wake up and begin creating! At last, you get to choose your dreams and desires by claiming your power, femininity, and success. When you envision your future by writing your story down, it gives birth to manifesting your destiny. It's sort of like a vision board with words and it's a great big call to action.

"Happily ever after" doesn't mean a life without challenges, it means you've met the challenges with courage and grace. Your remarkable life is one to be proud of. It's your story, your life, and your future... you get to choose how you want it to continue.

This is just the beginning of your own manifesto. There's more just waiting to rise up. You'll see....

Best wishes and love,

A handwritten signature in blue ink that reads "Sandy". The script is elegant and cursive, with a large, flowing 'S' and a decorative flourish at the end.

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." –Howard Thurman

Looking for ways to get involved and get started...

Learn more here: Website and Blog

www.SandyPeckinpah.com

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Rise Up! Claim your power, femininity & success. A Woman's Manifesto. Principles to Live by while Creating the Next Act of your Life

About the Author

Sandy Peckinpah is a fiery redhead who never gave up. She mentors women after those great big life challenges to find meaning and purpose in the next chapter. She's an award-winning author, a lifestyle mentor, writing coach, and a Certified Grief Recovery Specialist®.



She discovered the power in storytelling when she wrote her first book after her daughter was born with a facial defect. Rosey...the Imperfect Angel was a magical fairy tale that focused on the beauty of imperfection. It was recorded as a CD, and starred actress, Melissa Gilbert (best known for "Little House on the Prairie"). The CD made it all the way to the Grammy Ballot in 2009.

Her newest book, ["How to Survive the Worst that can Happen,"](#) a parent's guide to healing after the loss of a child is based on her own insight and experiences in the tragic loss of her 16 year old son. The book recently won several awards including the Pinnacle Book Award, The New York Book Festival Award, The USA Book News Award, The London Book Festival Award, and the Readers Favorite Award.

Sandy's website, www.SandyPeckinpah.com focuses on programs that help the woman who's ready to fall in love with her life again. She offers practical tools and steps for moving forward. She also designed courses for women who've always dreamed of writing a book. It's the inspiration and tools for finally getting started.

She lives in Southern California and Tucson, Arizona with her husband.