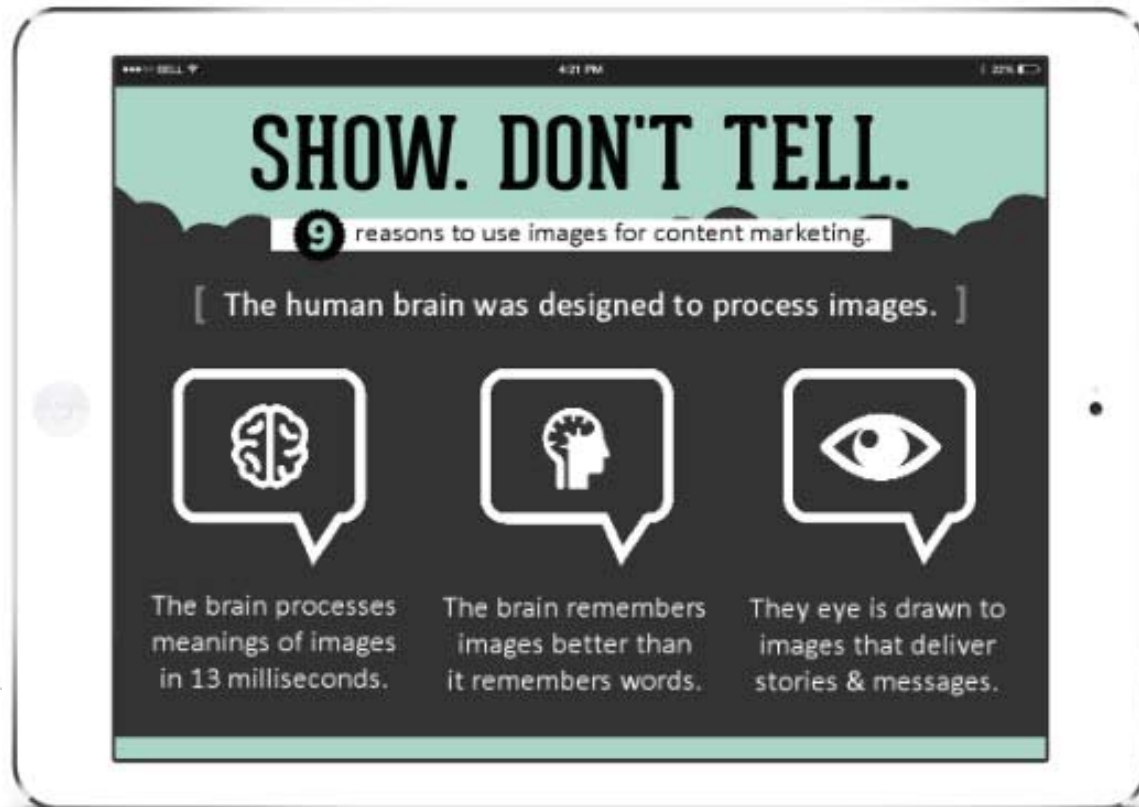


Online Option. Students can use [Zanifesto](#) to create a manifesto.



# MANIFESTO WORKSHEET

To create your unique manifesto.

**Draw a picture of how you look and feel at your best**

I want to be \_\_\_\_\_

I want to have \_\_\_\_\_

I want to create \_\_\_\_\_

I believe you should \_\_\_\_\_

I want to change \_\_\_\_\_

I want to accomplish \_\_\_\_\_

I want to be known for \_\_\_\_\_

Twelve months from now I want to say that I \_\_\_\_\_

My biggest dreams include \_\_\_\_\_

Go back and circle or highlight your top 10 words/phrases

**THIS IS YOUR LIFE.**  
DO WHAT YOU LOVE,  
AND DO IT OFTEN.

IF YOU DON'T LIKE SOMETHING, CHANGE IT.

IF YOU DON'T LIKE YOUR JOB, QUIT.

IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.

IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP.

*If people say your dreams are crazy  
If they laugh at what you think you can do*

*\_\_\_\_\_ Stay that way*

*Because what non-believers fail to understand is that  
calling a dream crazy is not an insult*

*It's a \_\_\_\_\_*

*Don't try to be the fastest runner in your school Or the fastest in the world*

*Be the fastest ever*

*Don't picture yourself wearing OBJ's jersey Picture OBJ wearing \_\_\_\_\_*

*Don't settle for homecoming queen or linebacker*

*\_\_\_\_\_*

*Lose 120 pounds and become an Ironman after beating a brain \_\_\_\_\_*

*Don't believe you have to be like anybody to be somebody*

*If you're born a refugee, don't let that stop you from playing \_\_\_\_\_*

*For the national team At age 16*

*Don't become the best basketball player on the \_\_\_\_\_*

*Be bigger than basketball*

*Believe in something, even if it \_\_\_\_\_ sacrificing everything*

*When they talk about the greatest team in the history of the sport*

*make sure it's your \_\_\_\_\_*

*If you have only one hand, don't just watch football*

*Play it At the highest \_\_\_\_\_*

*And if you're a girl from Compton, don't just become a tennis player*

*Become the greatest athlete \_\_\_\_\_*

*Yeah, that's more like it*

*So don't ask if your dreams are crazy*

*Ask if they're crazy \_\_\_\_\_.*



Can you answer these questions about the video?

Who is the narrator? \_\_\_\_\_

What is he famous for? \_\_\_\_\_

What is a "homecoming queen"? \_\_\_\_\_

What is a "linebacker"? \_\_\_\_\_

Who is "OBJ"? \_\_\_\_\_

Who is the "girl from Compton"? \_\_\_\_\_

What runner is shown as "the fastest in the world"? \_\_\_\_\_

Who is the basketball player shown? \_\_\_\_\_

Who is the football player with one hand? \_\_\_\_\_

Who is the refugee soccer player? \_\_\_\_\_

Write your own manifesto and poem!

*DREAM CRAZY*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*DREAM CRAZY*

Can you answer these questions about the video?

Who is the narrator? **Colin Kaepernick**

What is he famous for? **Quarterback. Kneeling at games to protest**

What is a "homecoming queen"? **High school girl elected to represent her graduating class**

What is a "linebacker"? **Defensive position in American football**

Who is "OBJ"? **Odell Beckham Jr. Football wide receiver.**

Who is the "girl from Compton"? **Serena Williams, tennis player**

What runner is shown as "the fastest in the world"? **Eliud Kipchoge, marathon runner**

Who is the basketball player shown? **Lebron James**

Who is the football player with one hand? **Shaquem Griffin**

Who is the refugee soccer player? **Alphonso Davies, Bayern Munich**

Write your own manifesto and poem!

*DREAM CRAZY*

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*DREAM CRAZY*

*If people say your dreams are crazy  
If they laugh at what you think you can do*

**Good** Stay that way

*Because what non-believers fail to understand is that  
calling a dream crazy is not an insult*

*It's a **compliment***

*Don't try to be the fastest runner in your school Or the fastest in the world*

*Be the fastest ever*

*Don't picture yourself wearing OBJ's jersey Picture OBJ wearing **yours***

*Don't settle for homecoming queen or linebacker*

**Do both**

*Lose 120 pounds and become an Ironman after beating a brain **tumor***

*Don't believe you have to be like anybody to be somebody*

*If you're born a refugee, don't let that stop you from playing **soccer***

*For the national team At age 16*

*Don't become the best basketball player on the **planet***

*Be bigger than basketball*

*Believe in something, even if it **means** sacrificing everything*

*When they talk about the greatest team in the history of the sport*

*make sure it's your **team***

*If you have only one hand, don't just watch football*

*Play it At the highest **level***

*And if you're a girl from Compton, don't just become a tennis player*

*Become the greatest athlete **ever***

*Yeah, that's more like it*

*So don't ask if your dreams are crazy*

*Ask if they're crazy **enough.***



# My dreams

love

Physical

stuff I want

financial

for the home

family life

dreams

things to try

spiritual

mental

fitness sport



**THIS IS YOUR LIFE.**  
DO WHAT YOU LOVE,  
AND DO IT OFTEN.

IF YOU DON'T LIKE SOMETHING, CHANGE IT.  
IF YOU DON'T LIKE YOUR JOB, QUIT.  
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.  
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;  
THEY WILL BE WAITING FOR YOU WHEN YOU  
**START DOING THINGS YOU LOVE.**

STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.  
**LIFE IS SIMPLE.** WHEN YOU EAT, APPRECIATE  
EVERY LAST BITE.

OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS  
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.  
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,  
AND SHARE YOUR INSPIRING DREAM WITH THEM.

**TRAVEL OFTEN;** GETTING LOST WILL  
HELP YOU FIND YOURSELF.

SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.  
LIFE IS ABOUT THE PEOPLE YOU MEET, AND  
THE THINGS YOU CREATE WITH THEM  
SO GO OUT AND START CREATING.

**LIFE IS** LIVE YOUR DREAM,  
**SHORT.** AND WEAR  
YOUR PASSION.



STOP DREAMING AND PROSPER.

NOW IS A GOOD TIME! GO AHEAD AND

**STRETCH.**

REALIZE IT HAS NOTHING TO DO WITH

DON'T WASTE MY TIME. **LUCK.**

**TRI.** IT'S ABOUT QUALITY OVER QUANTITY, **TEACH!**  
BLOG LESS BUT EXPECT MORE.

**LOVE.** <sup>WILL</sup> **LISTEN** TO OTHERS  
AND TO MY

**LIVE.** <sup>I</sup> **REALLY LISTEN** **HEART.**  
BECOME AN EXPERT. SEEK PERFECTION.

I WILL BECOME A SELF SUSTAINABLE AND INDEPENDENT ARTIST.

**LEARN**  
CHALLENGE MYSELF  
TO TRY NEW THINGS.

**CREATE** I CAN  
DO IT.  
I WILL

**EVERYDAY** DO IT.  
GIVE

SUPPORT HANDMADE. **PROMOTE**  
INITIATE AND ENCOURAGE ARTS LOCALLY

INTEGRITY.  
AUDACITY.  
INNOVATE.

**GIVE!** HELP OTHERS ANYWAY I CAN.  
SHARE MY CREATIONS OFTEN.  
LIVE UP TO MY POTENTIAL.

BE BOLD.

**SMILE** ALL THE TIME.



**WE HAVE CONSUMED OVER A THIRD OF OUR PLANET'S NATURAL RESOURCES IN THE LAST FIFTY YEARS.**

***I refuse to contribute to this legacy.***

**I am not a consumer, I AM MORE THAN I HAVE.**

**I AM A human being. I believe in people over possessions.**

**The things i do own, will never own me.**

I am not against *things*, in fact *things* are so sacred I think they ought to be shared.

**BUT THE BEST THINGS IN LIFE AREN'T THINGS.**

I am part of a movement underway where we believe it's possible to own less, and live more.

**WE HAVE NO INTEREST IN COLLECTING DUST.**

***Our belongings will never trump our belonging to one another.***

WE BELIEVE THERE'S ENOUGH IN THE WORLD FOR EVERYBODY'S NEED, BUT NOT FOR EVERYBODY'S GREED.

**WE LIVE LIGHTLY AND YET DEEPLY.**

***We dream that one day 'not owning' things will be cooler than owning them.***

We believe sharing can be the new shopping, borrow can be the new buy, and that joy is found in what we create and give away.

**WE WILL LEAVE THIS WORLD BETTER THAN THE WAY WE FOUND IT.**





I AM A **DREAMER** *and* A **DOER**.

I SEE POSSIBILITY EVERYWHERE. I AM THE SOLUTION.

I DON'T **BELIEVE** IN WAITING FOR **CHANGE**.

<I AM BILINGUAL/> I LOOK FEAR IN THE EYE  
AND KEEP GOING.

***blerd.***

I BELIEVE THAT **AWESOMENESS** IS A VIRTUE.

I THINK BOWTIES & **GLASSES ARE SEXY**.

I WALK IN THE FOOTSTEPS OF THOSE WHO CAME BEFORE ME &  
**BLAZE A TRAIL FOR THOSE WHO FOLLOW.**

I BELIEVE IN **REACHING FOR THE STARS.**

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