



# MANIFESTO PROJECT

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## Allison Nazarian, Love Your Mess

Written on April 15, 2011 by [Geoff](#) in [Lifestyle](#)

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**Creator:** Allison Nazarian, writer, ghostwriter, copywriter and mum.

**Purpose:** Because life is messy! And there's power in honesty, in being real, in being open and in having some fun in the process.

[Love Your Mess Manifesto](#)

YOUR LIFE IS A YOU (TRY TO) *run* FROM IT  
 YOU ARE A **MESS** **REAL** THIS IS **LIFE** HIDE  
**LOVE** YOUR **MESS** YOUR MESS IS A GOOD THING IT IS SOMETHING THAT DENY  
 YOUR **MESS** REAL LIFE CAN BE *messy* — IF YOU LET IT— DEFY  
 EVERY SINGLE PART OF YOUR MESS IS HERE FOR A REASON CAN HELP YOU **CHANGE** YOUR MESS IS SIMPLE  
**LOVING** **MESS** ACCEPT **YOU** **CHANGE** IN YOUR LIFE  
 REVEL IN **CAN** **YOU** **CREATE** RIGHT NOW  
 SAYING NO TO PRETENDING AND STRAINING OR DO **ANYTHING** AT THIS  
**YOUR** IMPORTANT **OR DO** **ANYTHING** VERY  
**MESS** IS WHAT WILL GIVE YOU THE COURAGE TO LEAVE A BAD RELATIONSHIP **RIGHT**  
 THE DRIVE TO START **OR DO** **ANYTHING** **RIGHT**  
 THE PUSH TO LOSE **WEIGHT** OR **ANYTHING** **RIGHT**  
 THE DISCIPLINE TO GIVE UP SMOKING **A NEW BUSINESS** **ANYTHING** **RIGHT**  
 LOVING YOUR MESS IS NOT ABOUT SURVIVING **ANYTHING** **RIGHT**  
**IT IS ABOUT** **REALLY** **LIVING** **NOW**