



# Create Your Own Rebel Manifesto

*A Sober Rebel Club Journal Tool*

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## What is a Manifesto?

A **manifesto** is a bold, unapologetic declaration of your truth — what you believe in, what you stand for, and how you're choosing to live. In recovery, your manifesto becomes a compass. A lifeline. A voice louder than shame, addiction, or doubt.

This is your chance to write yours.

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## STEP 1: Rebel Reflection Prompts

Take a few minutes to reflect. Journal your answers freely.

1. What have you let go of to protect your peace?
  2. What patterns or beliefs are you no longer available for?
  3. What does sobriety or healing mean *to you* — in your words?
  4. What does the word **rebel** mean in your current season of life?
  5. What values guide you as you rebuild your life?
  6. What do you *know* to be true about your strength and future?
  7. What are you learning to love about yourself?
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## STEP 2: Fill in the Blanks

Use the starters below to begin writing your own manifesto. You can change the wording, add more lines, or rewrite it completely. Make it yours.

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### ♥ My Rebel Manifesto

I am a Rebel because I \_\_\_\_\_.

I no longer live by \_\_\_\_\_.

I choose \_\_\_\_\_ over \_\_\_\_\_.

I believe that healing means \_\_\_\_\_.

My sobriety is not about \_\_\_\_\_.

It is about \_\_\_\_\_.

I value \_\_\_\_\_.

I am learning to \_\_\_\_\_.

I am not \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am just getting started.



## STEP 3: Make It Visible

- Give your Manifesto a title (optional): \_\_\_\_\_

- Sign it like a vow:

**Signed,**

*[Your Name / Nickname / Chosen Identity]*

\_Date: \_\_\_\_\_

- ✓ Post it in your journal, on your wall, or as your phone background.
  - ✓ Revisit it when you're triggered, tired, or doubting your progress.
  - ✓ Rewrite it as you evolve. You are allowed to grow.
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## **Create Your Own Rebel Manifesto**

### **Want to Share It?**

Send your manifesto to [vanessa.ragains@gmail.com](mailto:vanessa.ragains@gmail.com) or post a snippet on social and tag **#SoberRebelClub** to inspire others.

You never know who needs to hear your truth.