



*the*  
**FRINGE HOURS**  
*Manifesto*

**WE BELIEVE THAT WE NEED TO MAKE TIME FOR OURSELVES.**

**WE BELIEVE IN CULTIVATING BALANCE IN OUR  
COMMITMENTS AND WITHIN OURSELVES.**

**WE BELIEVE IN LETTING GO OF SELF-IMPOSED PRESSURES.**

**WE BELIEVE THAT GUILT AND COMPARISON DO NOT  
BELONG IN OUR LIVES.**

**WE BELIEVE THAT TAKING CARE OF OUR MINDS, BODIES,  
AND SOULS IS IMPORTANT.**

**WE BELIEVE THAT PURSUING OUR PASSIONS IS LIFE GIVING  
AND LIFE CHANGING.**

**WE BELIEVE THAT SPENDING FIVE MINUTES DOING SOMETHING  
WE LOVE IS BETTER THAN WASTING THAT FIVE MINUTES.**

**WE BELIEVE IN EMBRACING HELP.**

**WE BELIEVE THAT COMMUNITY MATTERS.**

**WE BELIEVE IN GIVING THANKS.**

**WE BELIEVE IN CHOOSING JOY.**

**WE BELIEVE THAT LIFE IS NOT PERFECT, BUT IT IS BEAUTIFUL.**