

PRESTER

THE ENERGY MANIFESTO

**A GUIDE FOR THE BOLD ONES BUILDING, THE TIRED ONES TRYING, THE QUIET
ONES, THE CREATORS, REBELS, MISFITS, THE WILD ONES CHASING JOY —
AND ANYONE REFUSING TO RUN ON EMPTY.**





THE ENERGY MANIFESTO

You need to remember who you were before burnout made you a background character in your own life.

This book isn't about capsules. It's about chaos, confidence, connection — and a little bit of caffeine. It's for the loud ones, the tired ones, the ones who still show up. It's for those who cry at sunsets, lift heavy, flirt at the gym, and ghost their responsibilities for a morning walk.

This is a handbook for the hustle — with heart.
Not perfect. Not filtered. Just real.





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ENERGY

(NO, NOT JUST THE GYM KIND)

Here's the plot twist: you're not lazy. You're just chronically drained. The world's running 24/7. Your brain's on 80 tabs. You call it hustle. Your cells call it war. Real energy isn't hype. It's what lets you focus for more than 6 minutes without Googling "What is focus?"

TAKEAWAY

You don't need a new routine. You need better fuel, fewer tabs, and one friend who tells you to nap.





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RELATIONSHIPS

[AKA ENERGY EXCHANGE]

Love doesn't just make you soft. It gives you your bite back.

Real ones text you "Did you eat today?" Fake ones drain you with chaos, then call it passion.

Choose people who hype your dreams and tell you to sit down when you're spiraling.



TAKEAWAY

Energy is contagious. Surround yourself with radiators, not drainpipes.




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REST

(AND WHY YOU SHOULD FOCUS ON IT)

You feel guilty when you rest, don't you? Like you're wasting time if you're not bleeding for your goals.

Here's your permission slip: doing nothing is doing something.

TAKEAWAY

Real rest isn't scrolling. It's disappearing from the noise and finding your rhythm again. Preferably in your softest hoodie.





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CONFIDENCE

(IT'S GIVING "I GOT THIS")

Confidence isn't loud. It's that quiet "I'm not explaining myself to you" energy.

It's not needing to look perfect to be powerful.

TAKEAWAY

Confidence isn't a filter. It's a decision.

Repeat after me: I am not for discounting.



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LOVE

[YEAH, WE WENT THERE]

Being soft in this world is punk as hell. Love like you mean it. Get hurt. Get up. Do it again.

This is your reminder that you can lift heavy and want to be held.

TAKEAWAY

There's nothing weak about wanting connection.
The ones who love hard are the strongest of us all.



NESTER

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JOY

[THE UNSEEN GYM REP]

Joy isn't always fireworks. Sometimes it's a stupid meme. Sometimes it's that one hoodie. Sometimes it's eating hot chips in bed with your best friend.

TAKEAWAY

Joy is a form of rebellion. Collect it like gym gains.





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DISCIPLINE

[THE REAL FLEX]

You won't always feel like it. That's the point. Discipline shows up when motivation leaves you. It's brushing your teeth, hitting your reps, and keeping promises — especially the ones you make to yourself.

TAKEAWAY

Motivation is loud. Discipline is reliable.



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DRIVE

(THE GOOD KIND)

Not the hustle-for-approval kind. The deep, quiet hunger that says *"I know I'm capable of more."* It's not about outworking anyone else. It's about honouring that electric little spark inside you — the one that whispers *"try again."*

You don't grind for the claps. You grind because you're not done.

TAKEAWAY

Stay hungry. Especially when you're comfortable.





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PRESENCE

GAME ON.

(YOU'RE HERE. ACT LIKE IT.)

Your body's in the room — but is your mind?

We're scrolling through life like it's background noise.
Apester says pause. Breathe slower. Taste your coffee.
Text back like you mean it.

Be the one who actually shows up — not just to
meetings, but to moments.

TAKEAWAY

Presence is the flex no one teaches you.





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FAILURES

[BADGES, NOT BRUISES]

You're not falling apart. You're levelling up.

Failure isn't the opposite of success — it's the pre-requisite. It's proof you tried.

We don't fear the L's over here — we collect them.
We learn. We launch again.

TAKEAWAY

You didn't fail. You're just loading.





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PURPOSE

(NOT A HASHTAG)

You don't find purpose scrolling for it.

Stop copying everyone else's dream and start paying attention to what actually fires you up.

Purpose doesn't show up loud — it shows up in the quiet, "I want to do this again tomorrow" feeling.

TAKEAWAY

You won't find purpose. You'll recognise it once you're living it. Start doing what lights you up — purpose will meet you there.





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REINVENTION

(YOU'RE ALLOWED TO CHANGE)

You don't owe consistency to the past version of you.
You can shift. Grow. U-turn. Flip the script entirely.
It's not confusion — it's evolution.

TAKEAWAY

You're finding better ways. You're just becoming
someone new.




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BELIEF

(YES, STILL.)

Belief isn't about certainty. It's about showing up when you're tired. It's trusting that spark in you that won't stay dead. We built Apester for chaos lovers, goal chasers, mood-swingers, and the ones who haven't given up on themselves — even when it would've been easier to.

TAKEAWAY

You don't need a plan. You need a pulse. Let's go. Share this. Or don't. Just promise me you'll charge up before you burn out.



