

MAD*life*

MANIFEST A  
DELIVERANCE  
FOUNDATION, INC.

WWW.MYMADLIFE.ORG  
MAD4FREEDOM@GMAIL.COM

# ABOUT MAD

**VISION** - To motivate ALL people to get MAD the right way through healthy cycles

*Release - Relax - Receive*

**Release** what you've been holding, **Relax** in an environment of healthy mindset changes, in order to **Receive** all that life has to offer you!

**MISSION** - The mission of the MAD foundation is to connect people from different backgrounds with different beliefs who desire the personal goal to become successful.

Designing a personal plan for success in a relaxed healthy environment that releases information necessary to receive the manifestations of personal goals.

MAD has the mission to manifest people, strengthen families, build better businesses (small + corporate), encourage higher education, connect with spiritual organizations, and assist higher level authorities.

# PROGRAMMING

## AREAS OF FOCUS

**EMPOWERMENT** - Life Skills, Self Development + Self Healing

**COMMUNITY** - Domestic Violence + Breast Cancer Awareness

**HEALTH & WELLNESS** - Food Pantry + Free Community Meals

**EDUCATION** - GED + Non-Traditional Education (ages 17 to 21)

A detailed programing outline is available upon request at  
mad4freedom@gmail.com

## "GET MAD THE RIGHT WAY"

**JANUARY:** MADgoal MEETING FOR WOMEN

**FEBRUARY:** MAKEOVER MADness

**MARCH:** GROWING IN YOUR THINKING

**APRIL:** MADlife FAMILY EXPO

**MAY:** LET IT GO (FINDING COMFORT WITH YOUR PAST)

**JUNE:** COMMUNITY OPEN MIC

**JULY:** MADanniversary

**AUGUST:** MADmoney MOVES

**SEPTEMBER:** SPIRITUAL GROWTH

**OCTOBER:** MAD About Domestic Violence

**NOVEMBER:** MADlove

**DECEMBER:** MADhealth

## MAD MEALS SPECIAL ATTENDEES

- Bereavement And Grievors
- Educators
- Law Enforcement
- Citizens with Disabilities (Disability Awareness Month)
- Veterans Day (Memorial Day)
- Men (Men's Health Month)
- Children ages 5 to 12
- Teens ages 13 to 19
- Elderly (Grandparents Day)
- LGBTQ (Pride Month)
- Homeless (Homeless Youth Awareness Month)
- Diabetics

# 2022

# STANDARDS

## DIFFERENT BACKGROUNDS

**DIVERSITY** - To create a respectful, inclusive environment that is inviting to those of diverse backgrounds that include various ethnicities, ages, genders, sexual orientations, and socioeconomic statuses.

## DIFFERENT BELIEFS

**FREEDOM** - Everyone will have the liberty to profess one's belief as we work together for the common goal.

## SAME GOAL

**SUCCESS** - Everyone will set clear goals that will influence, motivate, and increase one's performance to manifest successful individuals and a successful foundation.

# JANUARY 2022

## EMPOWERMENT: SELF DEVELOPMENT

**MAD Goal Planning:** A meeting designed to help maintain focus on life goals through the creation of a personalized planner. Motivation and positivity implemented through open discussion over great food and drinks with other women.

**TARGET:** 25 women between the ages of 21 and 45

### GOAL

- Provide 25 women with proper strategy and tools to create SMART goals
- To educate and assist women on the importance of an organized vision
- Provide 25 women with planners to be customized
- Provide personalized feedback and perspective on goals, plans and dreams for each of the women

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

### Community Virtual Vision Board Workshop

#### GOAL

- Provide the community with proper strategy and tools to create SMART goals
- Provide a sponsored giveaway item to an attendee(s)
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

### MADhealth Box

#### GOAL

- Provide 25 families with a "MADhealth Box" (healthy foods box)
- Demonstration videos will be accessible through MAD YouTube Channel
- Healthy recipe cards that coordinate with the food options provided
- Free samples when permitted

\*(Family size is based at 4 people per family)

### MAD Community Meals

#### GOAL

- Provide 25 meals to individuals coping with grief and bereavement
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
- Obtain feedback for higher level authorities regarding community concerns

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# FEBRUARY 2022

## EMPOWERMENT: LIFE SKILLS

**Makeover MADness:** A meeting designed to improve physical attraction and appearance with the goal to improve confidence and mindset visuals of oneself through apparel, beauty, and professional photography, utilizing small businesses. Motivation and positivity are implemented through open discussion, informational speakers, and relatable vendors while enjoying healthy food and drinks with other women who are seeking a better lifestyle.

**TARGET:** 25 women between the ages of 21 and 45

## GOAL

- To enhance the outer appearance of 25 women through hands-on workshops led by beauty and fashion professionals
- To educate and empower 25 women on how appearance is linked to mental health
- To build social skills and confidence in the daily lives of 25 women
- Educate 25 women on how to achieve desired looks on any budget

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

### Community Confidence Virtual Summit

#### GOAL

- Provide the community with creative tips and tools to building self-esteem and increasing confidence within oneself
- Provide a sponsored giveaway item to an attendee(s)
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

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#### GOAL

- Provide 25 meals to individuals working in education
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
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# MARCH 2022

## EMPOWERMENT: SELF-HEALING

**Growing in Your Thinking:** A meeting designed to bring awareness to how we think and what can be done in order to improve our way of thinking for the better. A reminder of how to think in healthy cycles by releasing, relaxing, and receiving. Motivation and positivity implemented through open discussion over a casual tea party in a relaxing environment.

**TARGET:** 25 women between the ages of 21 and 45

### GOAL

- To provide 25 women with mentally stimulating resources for growth with a chance for networking opportunities
- Provide a safe environment for women to release, relax and receive the information about healthy mindsets
- To provide 25 women with stimulating activities surrounding the idea of growth and success
- To provide a rigorous forum of conversation for reviewing growth goals and how to obtain results, and finding the best growing hacks to implement

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Seeding the Community** - clean up an area around the city and plant flowers

### GOAL

- Provide a sponsored giveaway item to an attendee(s)
- Provide the community with a project in which volunteers of all ages work together to achieve a common goal
- Provide an opportunity for individuals to take greater responsibility for their local environment
- Plant flowers that will benefit the environment by creating more carbon dioxide absorbing and oxygen-radiating plants

## MOBILE FOOD PANTRY + MAD MEALS

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### **MAD Community Meals**

#### GOAL

- Provide 25 meals to individuals working in law enforcement
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
- Obtain feedback for higher level authorities regarding community concerns

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# APRIL 2022

## EMPOWERMENT: LIFE SKILLS

**MAD Family:** An expo event designed to bring families together to enjoy books, fashion, and music from local and well known individuals. This expo will also encourage reading in the home, confidence in oneself and also freedom in expression of dance and song to obtain a more positive outlook on life and the challenges that life comes with.

**TARGET:** Families and single parents with children of all ages

## GOAL

- Provide a swag bag with family activities, goodies and reading material for 100 families
- Provide families the opportunity of creative expression through the arts
- Provide an environment of family-friendly activities to build togetherness through physical and mental stimulation
- Provide therapy through interactive art and animal care/participation

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Highlight Interview** - spotlighting local businesses and/or activists (virtual event)

### GOAL

- Highlight an individual in the community that is making a difference
- Provide family life skill tips and unique tools for everyday living
- Provide a sponsored giveaway item to highlighted person(s)
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

### MADhealth Box

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### MAD Community Meals

#### GOAL

- Provide 25 meals to individuals with disabilities
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
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## MAY 2022

### EMPOWERMENT: SELF-HEALING

**Let It Go: Finding Comfort in your Past:** A meeting (with guest speaker) designed to address an issue from the past. Once addressed, formulate a plan to let go of that issue in order for progression in life to continue or take place. A reminder of how to use the cycles of releasing, relaxing, and receiving to find comfort and wisdom on moving forward. Motivation and positivity implemented through open discussion over food and drinks.

**TARGET:** 25 women between the ages of 21 and 45

#### GOAL

- To create an environment of safe release from one's past pains
- To educate 25 women on beneficial strategies to release stress.
- Create an experience of release that creates a mental memory of transition
- Provide a therapeutic session with a professional therapist to assist the women in creating their own plan for mental freedom

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Release Party** - an interactive activity with biodegradable lanterns

### GOAL

- Provide a tangible visual to release in representation of letting go of the past
- Provide the community with a safe environment to release
- Provide a sponsored giveaway item to highlighted person(s)
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

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### **MAD Community Meals**

#### GOAL

- Provide 25 meals to local veterans and members of Veteran Affairs
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
- Obtain feedback for higher level authorities regarding community concerns

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# JUNE 2022

## EMPOWERMENT: SELF-HEALING

**Open Mic: Release of Self Expression:** A meeting designed to create a platform for artists and unknown artists of all ages to release through different forms of art such as music, poetry, dance, painting, one act, and more. Motivation and positivity are implemented through open acts and the receiving of positive or enlightening messages from each performer. Meeting attendees will have the opportunity to speak about each performance in an open discussion organized manner.

**TARGET:** OPEN TO THE COMMUNITY 21 AND OLDER

## GOAL

- Provide a platform for participants to express themselves in a creative way
- Provide a positive environment for open dialogue to provide people with honest feedback
- Provide an environment for people to release their stressors and worries within a safe space
- Provide a space for networking and connections through a positive environment of 'release, relax, and receive'

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Highlight Interview** - spotlighting local businesses and/or activists (virtual event)

### GOAL

- Highlight an individual in the community that is making a difference
- Provide family life skill tips and unique tools for everyday living
- Provide a sponsored giveaway item to highlighted person(s)
- Provide motivation through a social media campaign:
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  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

### MADhealth Box

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### MAD Community Meals

#### GOAL

- Provide 25 meals to men in appreciation for Men's Health Month
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
- Obtain feedback for higher level authorities regarding community concerns

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# JULY 2022

## EMPOWERMENT: SELF DEVELOPMENT

**MADanniversary:** Review + Reflect; A meeting designed to reflect on the past year of the MAD organization. Motivation and positivity implemented through special guest speakers, reflections, and musical preferences in a formal banquet setting. Guests will be asked to dress formally and the event will end with an evening of dancing.

**TARGET:** MAD Members and invitees only

## GOAL

- To provide a safe space for most of the attendees to share and reflect on personal growth through the year
- Provide a platform for MAD women and members to share their personal goals and achievements
- Provide women and guests a way to honor and normalize self celebration
- Provide a formal presentation for new blue heart member inductees

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Highlight Presentation** - recapping community highlight interviews thus far with a special presentation

### GOAL

- Highlights of community interviews and events through a film presentation
- Provide motivation about the importance of looking back to move forward
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

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### MAD Community Meals

#### GOAL

- Provide 25 meals to a variety of children, ages 5 - 12
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
- Obtain feedback for higher level authorities regarding community concerns

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# AUGUST 2022

## EMPOWERMENT: LIFE SKILLS

**MADmoney Moves:** A meeting designed to create a financial plan to aid one in setting long and short-term life goals for a better financial future. Motivation and positivity implemented through making a financial plan to meet your personal goals. Special guest, World System Builders, will be educating and empowering families to become financially independent.

**TARGET:** 25 women between the ages of 21 and 45

### GOAL

- Provide 25 women with a personalized financial plan for year
- Provide a packet of informational material/resources with worksheets and a list of various free courses and workshops
- Assist 25 women with credit repair education

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Financial Literacy** sponsored by World Systems Builder

### GOAL

- Deliver the best financial education and revolutionize the financial service industry through a reliable, buildable system - a mission of World Systems Builder
- Provide a sponsored giveaway item to an attendee(s)
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

### MADhealth Box

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### MAD Community Meals

#### GOAL

- Provide 25 meals to a variety of teenagers, ages 13 - 19
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
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# SEPTEMBER 2022

## EMPOWERMENT: SELF-HEALING

**Spiritual Growth:** All beliefs and religions are welcome. The MAD organization will not persuade a certain religion or belief. Our goal is to help bring awareness to where you are in your spiritual growth. The MAD organization will direct you to the proper organization and/or spiritual leader if you are seeking direction. Motivation and positivity implemented through open discussion in a relaxing, safe environment.

**TARGET:** 25 women between the ages of 21 and 45

## GOAL

- To provide 25 women with various forms of resourceful information on different perspectives for spiritual development
- To help women relearn and know themselves on a deeper level to form their own spiritual path
- To provide a platform for diverse people of different backgrounds to learn about one another in a safe space
- To introduce different spiritual perspectives to women who do not know and/or understand what spiritual identity is

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Prayer and Meditation** - a gathering of like-minded individuals to achieve a common goal of release and receive

### GOAL

- Provide a platform for diverse people of different spiritual backgrounds to express their form of worship
- Provide a sponsored giveaway item to an attendee(s)
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
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  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

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### **MAD Community Meals**

#### GOAL

- Provide 25 meals to elderly adults in appreciation of Grandparent's Day
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
- Obtain feedback for higher level authorities regarding community concerns

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# OCTOBER 2022

## EMPOWERMENT: LIFE SKILLS

**MAD about Domestic Violence:** Motivation and positivity implemented through an event made to bring awareness about domestic violence through speakers, musical performers, dance, poetry, informational vendors, small business vendors, and entrepreneur vendors.

**Breast Cancer Awareness** is also in October. MAD has incorporated a special section in our program for the ones who have crossed over and the ones who are still fighting.

**TARGET:** 25 women between the ages of 21 and 45

## GOAL

- To educate and provide resources to 25 women about the importance of Domestic Violence and Breast Cancer Awareness
- To bring awareness to local businesses and provide an outlet for them to be actively involved in the DV platform
- To provide a platform for artistic expression to bring about DV awareness
- To provide a special presentation to acknowledge people that are DV survivors, and/or those that have passed

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Highlight Interview** - spotlighting local businesses and/or activists (virtual event)

### GOAL

- Highlight an individual in the community that is making a difference
- Provide family life skill tips and unique tools for everyday living
- Provide a sponsored giveaway item to highlighted person(s)
- Provide motivation through a social media campaign:
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## MOBILE FOOD PANTRY + MAD MEALS

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#### GOAL

- Provide 25 meals to LGBTQ individuals in support of PRIDE Month
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
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# NOVEMBER 2022

## EMPOWERMENT: SELF DEVELOPMENT

**MADlove:** A meeting designed to assist with relationship advice on different levels. To aid in determining personal goals in the area of love, and beyond. Motivation and positivity are implemented through open discussion in a unique atmosphere, followed by dinner with either your personal mate, a guest of your choice, or a mystery guest invited by MAD.

**TARGET:** 25 women between the ages of 21 and 45

## GOAL

- Provide 25 women personalized perspective and counseling on relationship goals, whether family, friends or significant others
- Provide a safe environment for freedom of shared opinion and expression
- Utilize an expert of relational knowledge to share relative information for each of the women
- Provide educational material and information packets on list of resources and small businesses

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Random Acts of Kindness in the Community** - special contribution to different people and businesses, through activities in support of the 'be kind' movement

### GOAL

- Highlight different individuals in the community to show love and/or support through activities, volunteer assistance, and other random acts of kindness
- Provide motivation through a social media campaign:
  - Facebook
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  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

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### MAD Community Meals

#### GOAL

- Provide 25 meals to homeless individuals in support of community homelessness
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
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# DECEMBER 2022

## EMPOWERMENT: SELF DEVELOPMENT

**MADHealth:** A meeting designed to assist with creating a personalized health plan with professionals to create a healthier lifestyle. Motivation and positivity are implemented through open discussion with qualified professionals from the healthcare field. Testing and healthcare information available. Healthy foods and drinks served in a relaxing “judgement free” environment.

**TARGET:** 25 women between the ages of 21 and 45

## GOAL

- To provide 25 women with proper education and resources for a successful healthy living lifestyle
- Create a unique environment that stimulates positivity and nutritional value to benefit themselves and their families
- Provide 25 women with healthy food choices and/or various food genres through food demonstrations
- Provide 25 women with personalized health plans created by an expert health professional

# "MAD IN THE COMMUNITY"

## COMMUNITY EVENTS + GIVEAWAYS

**Community Fitness** - a special presentation with fitness instructors

### GOAL

- Provide workout examples from trainers with realistic fitness goals
- Provide families with workout tips and resources
- Provide motivation through a social media campaign:
  - Facebook
  - YouTube
  - Instagram
  - Zoom

## MOBILE FOOD PANTRY + MAD MEALS

### MADhealth Box

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### MAD Community Meals

#### GOAL

- Provide 25 meals to individuals dealing/struggling with diabetes
- Collaborate with a small business for meal preparation + location accessibility
- Open discussion with attendees about community concerns
- Obtain feedback for higher level authorities regarding community concerns