



Personal Code of Conduct

- 1.** I act in a manner that is cheerful, polite, friendly, courteous, and which honors others.
- 2.** I take 100% ownership of my emotional state and my response to life.
- 3.** I follow my current morning and evening success rituals consistently.
- 4.** I progress daily toward the achievement of worthy goals.
- 5.** I engage in physical exercise one hour per day.
- 6.** I eat food, not too much, mostly plants; no sugar or flour.
- 7.** I don't drink alcohol or use other intoxicants to numb my feelings.
- 8.** I commit to consistently be even more tolerant towards other people (their faults, failings and mistakes) today. I will place the best possible interpretation on their actions.
- 9.** I act as if successes are inevitable and that I already am the sort of person that I desire to be.
- 10.** I will ignore completely and close my mind to all pessimistic and negative facts that I can do nothing to change. I will actively seek the positive outcomes such facts or circumstances make possible through the intentional management of my thoughts and actions.