

# Code of Honor

## **Commit to constant and never-ending personal growth**

*Reading, Audiobooks, Podcasts, TED Talks, Good Movies, Learning, Teaching*

## **Leave people better than you found them**

*Help them see the good in themselves, encourage them, hold them accountable*

## **Take care of your own business**

*Practice what you preach, set an example, constantly improve and grow*

## **Focus on the positive**

*Look for the good, the opportunities, count your blessings*

## **Speak only with good purpose**

*Honesty in all situations, if it doesn't serve don't say it*

## **Surround yourself with supportive and positive people**

*People that want to learn and grow, people that encourage and challenge you*

## **Take full responsibility for all your results**

*Law of Attraction, what am I thinking and feeling?*

## **Take care of your health and well being**

*Eating well, exercise, sleep, recreation, rest, family time, friend time*

## **Learn from all life's experiences**

*Look for the lesson, how can you improve?*