

# A WOMAN OF ACTION'S CODE OF CONDUCT

## **Physical Values:**

Energy and motivation for exercise.  
Dedication to good form and skilled execution of movement.  
Look after yourself, so you can look after others.  
Appreciation for ability over appearance.  
Determination and persistence for all challenges.  
Honor and respect for the body as a whole.  
Discipline to a life-long fitness crusade and maintaining the active lifestyle.  
Innovation for training variables, unrestricted by constraints in time or equipment.  
Evolve physically through progressive and varied training objectives.  
Strive to excel athletically and discover the height of your performance potential.  
Master the mechanics of the body using an arsenal of gymnastic exercises (no weight required).  
Capitalize on instinctive adjustments in training that promote an intuitive synergy between stress and recovery.  
Adapt through the customization of training resources that encompass your unique perspective and experience.

## **Nutritional Values:**

Current knowledge of nutritional research for making progressive and informed decisions.  
Strong focus on fueling performance over appearance.  
Primal eating patterns based on natural foods.  
Varied selection of foods and amounts for optimal metabolic response.  
Reward good eating behaviors with positive reinforcement (healthy treats).  
Eliminate emotional based munching, instead redirect focus on tasks that provide the satisfaction of accomplishment.  
Consume enough calories to support muscle growth/repair.

## **Image Values:**

Embrace color and vibrant expression.  
Reinvent yourself in accordance with instincts for change.  
Embody personal style instead of following trends.  
Present a personable character in charge and confident.  
Select clothes that make me feel comfortable, cute and confident.  
Empower your attitude with a tribute to a role model by adding some of their flavor to your style.  
Maintain a healthy glow through a simple and natural skin care routine.  
Define the features that command attention with light and natural makeup.  
Invest in new ways to look and feel good, projecting a happy, healthy woman.  
Impress with a dedication to cleanliness (healthy teeth and gums, fresh clothes, cleansed skin).  
Elevate your stature through excellent posture.

## **Relationship Values:**

Commit to friendship and express gratitude often.  
Address others with sincerity and respect.  
Share knowledge, energy and time with others.  
Foster positive networks through a willingness to compromise and encourage others.  
Defy negative thoughts and reframe from presuming or accusing instead seek honesty through communication.  
Remember to be loyal it is a testament of character.  
Position yourself for opportunity, always look to connect with new people and develop a network of supportive people.

## **Character Values:**

Incorporate the admirable traits that personally inspire you.  
Study the lives of great people and learn from their wisdom.  
Live as you desire to be, take the opportunity to be a Role Model.  
Display courage, flexibility, compassion, determination, passion, innovation, discipline and confidence.  
Believe that all your actions make a difference.  
Learn from your mistakes to develop insight, focus and persistence.  
Enjoy the creative wisdom of cartoon characters their message is often simple and positive.  
Love what you do and do what you love.  
Reframe from exaggerating, complaining or avoiding responsibility.  
Strategize to overcome difficulties, temptation or change.  
Trust your intuition and give everything a go, whether you win or lose at least you played the game.  
Organize to capitalize on time and opportunity.  
Celebrate life, everyday is a new chance to love, learn and listen for the positive.  
Ground yourself in nature's simplicity, always find time to reconnect with your wild spirit.  
Spread joy and invest in silly and freeing moments of happiness.  
Never allow worry, aggression or frustration to dampen your spirit.  
Act with calm thoughtful intelligence, especially when it is most justifiable to act otherwise.  
Thrive on action and don't waste time on valueless activities.  
Strive to keep commitments, not only to others but also with yourself.

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## **Creative Values:**

Tap into creative inspirations by doing something unique everyday.  
Relish the opportunity to resolve problems creatively.  
Execute your Macgyver Mind and look for alternative and resourceful solutions.  
Take on new challenges that test your level of experience and comfort.  
Read books that inspire and educate a developed and evolved mind.  
Practice visualization as a direct reflection of creative expression and positive direction.  
Nurture your curiosity and be present in the world with an open mind.  
Celebrate culture and value difference for variety encourages innovation.  
Cast yourself in a script that conveys a strong female character decisive and courageous.  
Express your vision courageously to inspire others to value their aspirations and place in this world.  
Allow personal victories and triumphs to renew you.  
Harbor a constant spirit for adventure and welcome new experiences.  
Be driven by your own personal values and beliefs.  
Create a visionary collection of role models and their values to embrace and project.

## **Skill Values:**

Seek to become a master of martial arts.  
Reveal a cultured tongue and learn as many languages as possible.  
Open your mind to accept without prejudice- you must empty your mind before it can be filled.  
Master freedom through a knowledge of transport, learn to ride a motor cycle, drive a big rig, fly a helicopter, captain a ship.

## **Career Values:**

Project a confidence in your ability and knowledge.  
Place value on your time and experience.  
Bring all of your energy to a project.  
Rely on simple, effective, strategies that convey a motivating and unique perspective.  
Decide to be enthusiastic, reflect on the positive over the negative in every situation.  
Help others reach their goals and live with purpose and passion.  
Follow your heart in all business matters but decide only after understanding your options.  
Do work that is worth doing - spend time on the tasks that bring the greatest return for effort.  
Find ways to be useful, work should be something you can do where-ever you are.  
Give generously of your talents to endure a legacy of value for others.  
Inspire new perspectives and attitudes through the provision of quality resources.  
Network diligently to connect with those who share your vision.  
Make a difference in a unique and deliberate way.

## **Environmental Values:**

Replenish resources where possible, utilizing constructive means for sustainable living.  
Advocate a position of concern and compassion for wildlife.  
Rally on behalf of the earth you desire.  
Pass on knowledge and ideas for preserving our wild heritage.  
Raise funds for the organizations that support wildlife.  
Look for ways to evolve the world's habitual destruction of resources and motivate positive action on behalf of nature.  
Work hard to establish a fault-free self-perpetuating learning environment.

## **Objective Values:**

Feed the inner spirit for adventure and schedule time to live out your dreams.  
Facilitate your desire to live as an athlete and build a gym at home.  
Discover the wisdom and experience the love of an animal companion, invest in a pet.  
Explore more of the outdoors and go wild on a regular basis.  
Invite mystery on foreign shores and travel the globe.  
Give generously to others wealth is in the heart and should be shared.  
Find true happiness and reconnect with the simple life by buying a home in the wilderness.  
Conquer the elements and take on a survival challenge.  
Advance your experience and management skills by aiming high in business and making a mark in a big city.

## **Lifestyle and Completion Values:**

Organize your house creating harmonious and happy surroundings.  
Catalogue all resources making them usable references.  
Act on decisions and own their outcome.  
Generate momentum for the goals you have in life by taking a step towards their attainment each and every day.  
Maintain the working quality of all equipment for prolonged use.  
Understand the purpose and function of all equipment to ensure optimal performance and safety.  
Relinquish all stress channeling the energy into constructive actions (mind sweep for trouble-decide to do, dump or delegate).  
Live without fear or regret.  
Decide to invest in others over material desires.  
Be grateful for every moment as that is all you get to keep forever.  
Focus on saving money to support the positive influence of a lucrative position.