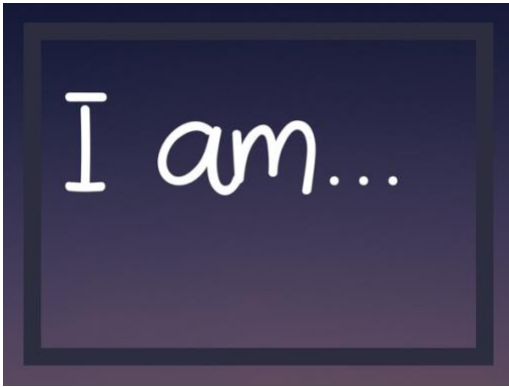


PIP Success
First Edition
November 16, 2022

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PIP SUCCESS™ 2022

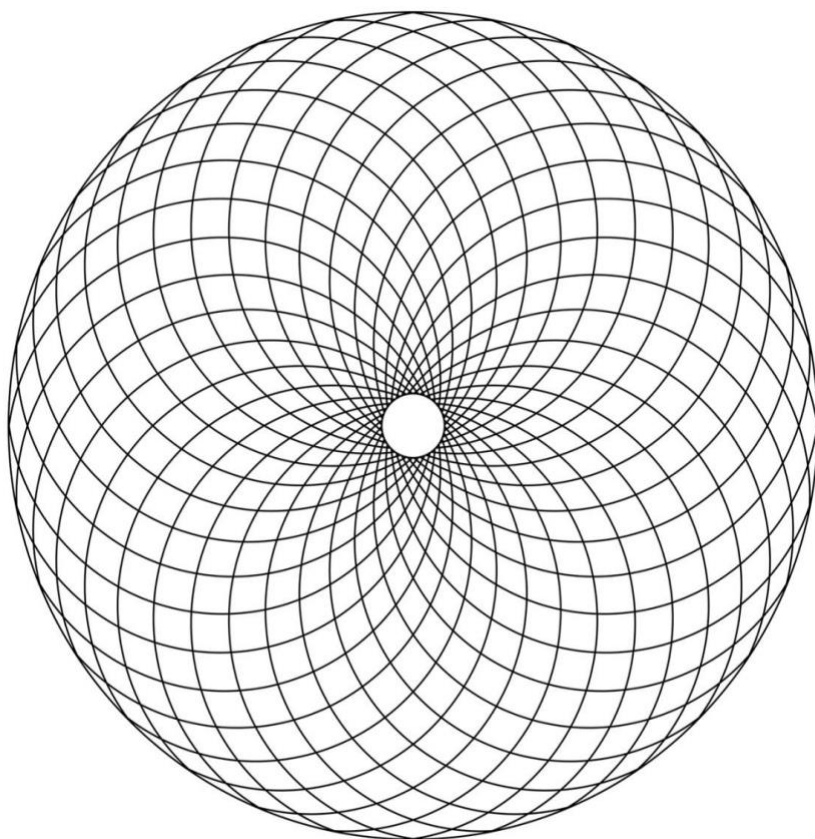


WELCOME TO THIS WONDER FILLED PLACE, YOU,
WHERE DOING YOUR BEST, IN THIS PRESENT MOMENT,
RIGHT HERE,
RIGHT NOW,
IS ALWAYS YOUR BEST!

Please read the material presented here. We have weekly gatherings, in-person and remotely, and will happily start more as needed. Contact us for more information. Contact information can be found at:

pipsuccess.org
pipsuccess.com
pipsuccess.net

Welcome to our world! Thank you!



The principles we study, and practice all relate to love and service. Unconditional love for me just as I am, for us, for every person, and the present moment in which all of life happens. To love unconditionally is to serve unconditionally.

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Foreword

The authors of this book are persons with many decades of success in all areas of their lives by application of the principles this book is based on. Their lives had nearly ended because of the self-destructive thought and behavior patterns commonly known as addiction.

If you believe you have the condition commonly known as addiction, in any form, physical or behavioral, this book may be for you. If your thought patterns are negative self-destructive obsessions, and your behaviors become increasingly self-destructive, this book may be for you.

PIP Success may be for you.

If you believe you developed a self-destructive lifestyle because you did not know who you were and how to succeed in your life being who you are, this book may be for you.

PIP Success may be for you.

If you want to learn how to replace negative obsessions with a positive passion for your life and positive obsessions that help you know who you are and succeed at being you, in every area of your life, this book may be for you. If you want to replace the behaviors resulting from these obsessions with success-oriented patterns, this book may be for you.

PIP Success may be for you.

If you believe you have always been a good person and believe that a process of self-discovery based on positive principles can return you home to you, and gain you the skills of being your best in each moment, this book may be for you.

PIP Success may be for you.

If you want to learn to become excited about learning who you

are, and how to be of maximum service to your family, friends, community and world, this book may be for you.

PIP Success may be for you.

If you want to learn about positive success principles, found in belief systems and learning processes around the world, and how to make their practice a way of life, this book may be for you.

PIP Success may be for you.



Introduction

Our experience and our message is that any person with the condition commonly called addiction, in all of its manifestations, can stop the behaviors, quit negatively obsessing, find positive passions in life, and succeed in every area of their life.

We are a group of individuals, with physical and behavioral manifestations of addiction, who have replaced the lifestyle of negative obsession, false belief systems, core beliefs, and self-destructive patterns of behavior, with a lifestyle of self-discovery and success in all areas of our lives.

Our mentors and predecessors are many. PIP Success exists because, with centuries of experience, they taught us if something works for us it will work for thousands of others. PIP Success is our gratitude for their willingness to nurture and support us. We are paying it forward.

We are challenged to find out who we are, gain the skills to be our best each moment, and give our best to the community and ourselves in each moment until our last breath. We constantly learn, change, and grow in a universe where the only constant is constant change. We are of maximum service by unconditionally loving every person, no matter what.

We found a need and PIP Success fills that need. We are the change we want to see. We are love. We are success.

We are encouraged, each moment, to have the experience. Learn the lesson. Gain the wisdom. Practice. Improve. Be a role model. Above all, be available to mentor anyone interested in our new found skills.

Our commitment to, and belief in the power of mentoring, is so profound that we have made the willingness to mentor others a requirement for membership. We believe mentoring increases the chances for one's success exponentially and of course greatly benefits the community.

Addiction, in all its manifestations, is a lifestyle of obsession, survival and self-destruction. PIP Success is a lifestyle of self-discovery and success based on the lifelong study of positive principles found around the world in many types of belief systems and cultures. Finding positive obsessions and a passion for love and service. And teaching those principles to others.

We study approaches from around the world to addiction and find commonalities on which PIP Success is based. This First Edition is based on those commonalities. Each year we are committed to reviewing and updating all our literature to constantly learn, grow and change in a universe that is nothing but constant change.

We study belief systems of all types to find a common base of principles that can help us know who we are and develop, each of us, a personal lifestyle of self-discovery, success, and maximum service in all areas of our lives from birth to death and beyond in those that we mentor.

In PIP Success we study the principles that are the foundation of hundreds of belief systems, historically and worldwide. Examples are honesty, open-mindedness, willingness, faith, hope and love.

A belief system involves, as we understand it, a personal relationship with the known, unknown, and unknowable universe as each person defines that relationship. The hundreds of principles we study come from all belief systems, support each member's choice of belief system or no belief system, but PIP Success does not use language that gives preference to any specific belief system. We carefully choose principles that are supportive of the well-being and success of each person, no matter their belief system or lack thereof.

Welcome to PIP Success where perfection is progress. We are here. We gather in love and service. Right now. Right here. We are success.

The principles we study and practice are our unconditional love for

me just as I am, for you, for every person, and the present moment in which all life happens. Right now. Right here. My life begins as it is ending. Each past moment is dead. A source of infinite lessons. Each future moment is pure potential. We help each other succeed, against all odds, no matter what. We are success!

Welcome to this wonder filled place, you, where doing your best, in this present moment, right now, right here is always your best. No person has ever done better. Perfection is progress.

As we personalize our study and practice of the principles, an amazing awakening begins, and continues from moment to moment. Each in our own way, we find the principles are who we are, and always have been. We are designed for success. We are love and service. We are unconditional love. We are success.

As individuals and as an organization we are committed to supporting every effort to rid the world of unmanageable levels of addiction, in all its manifestations. To love is to serve.

I leave footprints each moment for someone, to make the next person's walk easier, be free to go beyond, and do better, because of my footprints. I help each person be freer, to be of service, to all mankind, Right now. Right here. I am love. I am service. I love every person, unconditionally.

Preface

PIP Success supports all efforts, offering solutions to persons with the condition commonly referred to as addiction. In all its chemical, behavioral, and process manifestations. We believe our unity is found in diversity.

We are first committed to constant learning, growing, and changing, as individuals and as an organization. Each year our literature will be reviewed and updated by members as our personal and collective wisdom evolves.

Though we claim to be experts only on our personal and collective experiences, we have spent hundreds of hours studying approaches to addiction, from every corner of the planet. We believe our approach is firmly grounded in theory, practice and research, and supports our collective wisdom as individuals committed to being love, service, and success, in our lives as the only real antidote to addiction.

PIP Success is a lifestyle of lifelong self-discovery dedicated to helping each member find who they are, gain the skills to be their best, and in each moment give their best. In all areas of their lives.

We believe that any person with the condition commonly called addiction, in all its manifestations, can stop the behaviors, quit negatively obsessing, find positive passions in life, and succeed in every area of their life.

The success-oriented principles we study, and practice are found in major belief systems, approaches to life, and religions, from every time and place. PIP Success encourages each member to use these principles to develop a personal relationship with the universe as each understands that to be. We came to PIP Success with false belief systems and self-destructive core values about ourselves and our place in the universe as we understood that to be. PIP Success chooses these principles because they bring us home to who we are. We choose them because they are

supportive of, and supported by, many major belief systems.

Our focus is on personal self-discovery. Self-discovery of what each can think, feel, and do, in the present moment, to succeed in all areas of their life. Our first-person approach, we believe, gives each person one more option in the community of diverse programs related to addiction.

We believe addiction is preventable, manageable, and predictable.

Negative obsession, a progressively self-destructive thought process, is the central feature in all manifestations of addiction. Without those negative thought patterns and the behavior that naturally follows, we believe there is no addiction.

Our experience is that the primary and overwhelming emphasis of PIP Success on getting in the solution, and staying in the solution, through a moment to moment regime of positive thoughts, is the ultimate antidote to addiction. When our brains are happy, we find ourselves in the midst of endless positive options and choices, we come home to who we are and are our best.

The European Monitoring Centre for Drugs and Drug Addiction found these points of consensus, worldwide, in 2013.

“...a repeated powerful motivation to engage in a particular behavior, acquired through enacting the behaviour with a potential risk of significant harm.”

“A repeated powerful motivation to engage in a purposeful behaviour that has no survival value, acquired as a result of engaging in that behavior, with significant potential for unintended harm.”

“A more important distinction is that it involves dysregulation of innately programmed behaviour patterns that are important to survival rather than acquisition, through learning, of behaviour patterns that have no adaptive biological function.”

Welcome to PIP Success.

We are first a fellowship of individuals seeking success in all areas of our lives as the ultimate antidote to the symptoms of addiction in all its manifestations. Our goal is to help each succeed, against all odds, no matter what. We do that by replacing negative obsession patterns, and false belief systems about ourselves and the world we live in, with a passion for life based in love and service. We study and practice positive principles from around the world. We find positive obsessions that benefit ourselves, our loved ones, our community, and the world.

More importantly, in love and service, through our personal efforts and service structure, we are a network of individuals and groups committed to ridding the world of unmanageable levels of addiction, in all its manifestations.

The principles we study, and practice all relate to love and service. Unconditional love for us, every person, and the present moment in which all of life happens.

Our message is that perfection, for any of us, is progress in the present moment. We seek balance in every area of our lives to compliment the homeostasis our every gene, cell, tissue, organ, and our body seeks.

We welcome the unique contribution each person, in any capacity, brings to this organization by their education, opinions, culture, ethnicity, race, sex, gender identity and expression, nation of origin, age, languages spoken, skin tone, religion, disability, sexual orientation and beliefs.

We believe we are designed for success. Our genes, our cells, our tissues, our organs, our body are designed for success, with thousands to billions of years of successful survival and change, depending on your belief system. We maintain balance and change as needed. Stay the same, resist change, but

change as needed. All that is constant is change everywhere in the known universe.

Perfection, as we see it, in the known universe, is continuing that heritage of constant learning, changing, and growing in the present moment. The best any person ever has done, or will do, is giving their best in the present moment. Their best based on positive lessons from the past and goals for the pure potential of the future. Perfection is progress!

If you are interested in making this a lifelong goal of yours, you can create, for yourself, a home here. The primary responsibility for mentoring is the group itself and secondly each individual member. The only requirements for membership are a desire to find freedom from negative obsession, and a willingness to mentor others.

You can find us at:

pipsuccess.com

pipsuccess.org

pipsuccess.net

We use pip as a word and as a set of initials “p-i-p”. These initials have been used in many ways around the world. For starters, we use it for an abbreviation of “Perfection is Progress” or pip. And are open to any other similar words that meet our goals. Especially humorous ones.

Pip, as a word, has an interesting history. They include “one extraordinary of its kind”, “to peep or chirp as a young bird”, “to break through the shell as a hatching chick”, “someone or something wonderful”, “a minor human ailment”, “the single rootstock or flower of the lily of the valley or a peony”, “the diamond shaped divisions of a pineapple skin”, “marks on a playing card”, “a military insignia”.

We are “someone wonderful”. We are “one extraordinary of its kind”. We “peep and chirp as a young bird”. We pick our way through the shell as hatching baby birds do. The rest we leave to your imagination.

We believe each of us is “one extraordinary of its kind”. We believe we are each equally unique. At any moment we have more in common than different.

This program is open to all who believe they have a condition commonly referred to as addiction, in all its manifestations, and the negative obsession patterns and lifestyle associated with it. The challenges relating to that process are so many and profound that it warrants, we believe, single focus on the group so challenged.

Generally, in our experience, this group has an infinite number of manifestations of what is commonly referred to as “addictive patterns”. In our experience, if some process can be repeated, it can be used addictively. The process, in any of its manifestations, has no survival value for the person, or the human race, and can be fatal if not arrested.

The process has immediate survival value for the person, less intermediate survival value and no long term survival value.

PIP Success is about developing a lifestyle of self-discovery. Recovery from the immediate symptoms to a manageable state of health, restoration of our rights and responsibilities, discovery of who we have always been and do our best each moment.

Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory.

It is our belief that “addiction” is not about “recovery” or “restoration”. We also believe that “recovery” and “restoration” are not about “addiction”. We are about learning, practicing, and mastering, the skills to succeed in every area of life. We believe addiction is a progressively destructive lifestyle with negative obsession patterns at its core. We were trying to be someone we are not. PIP Success is about coming home to who we have always been, gaining the skills to succeed at

being, and doing, our best each moment. Our best is progress, right now, right here. We believe perfection, for any person, at any moment, is progress. Doing our best at being our best.

The past is an infinite source of positive lessons to learn and share, the future is pure potential, and the present moment is where all life happens, and we turn the pure potential of the future into reality.

We come home to who we are and always have been, become our best being and doing, and find serenity, in being our best and doing our best, in the present moment.

Worldwide there is little agreement on all the aspects of addiction. In one of the only worldwide reviews of the approaches to addiction, 2013, the European Monitoring Centre for Drugs and Drug Addiction found only these agreements among the approaches.

“Although there are numerous definitions of addiction, they share commonalities which permit a broad-based definition: a repeated powerful motivation to engage in a particular behavior, acquired through enacting the behavior with a potential risk of significant harm.”

“A repeated powerful motivation to engage in a purposeful behaviour that has no survival value, acquired as a result of engaging in that behaviour, with significant potential for unintended harm.”

“A more important distinction is that it involves dysregulation of innately programmed behaviour patterns that are important to survival rather than acquisition, through learning, of behaviour patterns that have no adaptive biological function.

We welcome all points of view beyond that commonality. We are only interested in solutions.

We also take no stand whatever on any matter that is

appropriately, and according to applicable laws of privacy, between a professional and a member. Each member is free, however, to involve anyone they want in these decisions and matters related to them. We are not professionals in any field other than our personal experiences. If we are professionals by training, no matter. Only our personal experiences are relevant and appropriate.

“Perfection is progress in the present moment.” This is our motto, our goal, and our process. In a universe where all that is constant is change, success in all areas of life are what we role model, and mentor for each other as equals in all ways. We love everyone, unconditionally, no matter what. We exist to serve the success needs of our members, the community, and the world.

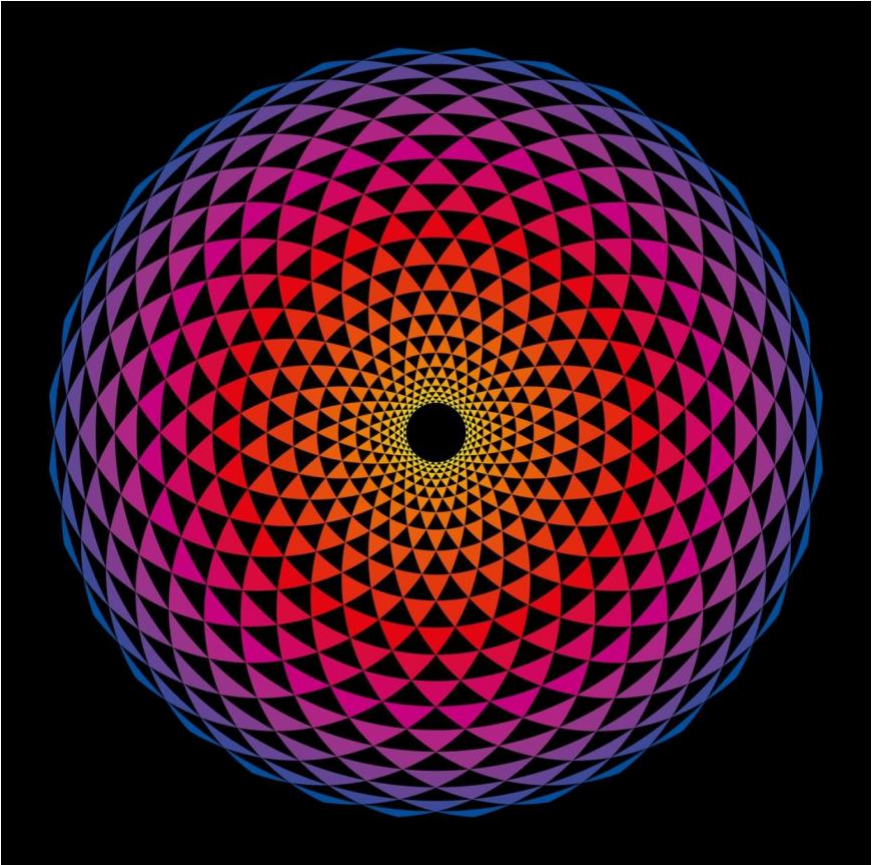
We are a network of individuals living successfully in all areas of our lives. This is our immediate, short term, and long-term goal. To serve is to be served. We succeed, each of us, by helping each other succeed.

If you are interested in making this a lifelong goal of yours, you can create, for yourself, a home here.

To love is to serve. The group’s first responsibility is mentoring.

The only requirements for membership are a desire to find freedom from negative obsession, and a willingness to mentor others.

This program is a set of principles, values, beliefs, or whatever term you may choose to label them. They are gathered from around the world, and are common to many belief systems. Applicable to all our relationships and the situations we find ourselves in. Though not religious, or specific to any religion or belief system, they are equally applicable in all religious and secular settings.



I am one with the universe. The universe
known. The universe unknown. The
universe unknowable. We are one. We
are me. We are myself. We are I.

36 Facets of Success

The first twelve are the foundation for personal success. The middle twelve are the foundation for personal unity, and success, in this organization. The final twelve are ground rules for communication. All are applicable to all my relationships.

1. We have symptoms of a condition commonly known as addiction. We believe addiction is preventable, manageable, and predictable.
2. We believe the practice of principles, one present moment at a time, bring balance to our lives and homeostasis to our bodies, and bring us home to who we are.
3. We decide to practice these principles in each moment and relationship.
4. We create a new narrative about our lives, and each of our relationships. We discuss where we have been with each principle, where we are now and where we want to be.
5. We tell and retell our redeemed life story to our self, to a person we are coming to know and trust, and to our evolving relationship with the universe as we understand it. Our new way of life is well under way.
6. The principles are who we are in each of our genes, cells, tissues, and organs. Our body as a whole and our being. They are how we recognize, describe and be who we are. They are what we choose to do, moment to moment.
7. All that happens is in the present moment. Not in the moment just past or any before it. Not in any moment yet to come.
8. We love every person, unconditionally, no matter what. In each of our relationships, past, present and future, we learn to go into our love. We stay there in our goals, motives, and actions.

9. The principles are who we are. The principles are who we have always been. We learn, change, and grow. We imagine and discover, loving and creative ways to confidently be of maximum service. In each moment and relationship. To serve is to love.
10. All that is constant in nature is change. We are excited to learn about ourselves. We seek and welcome inspiration. We learn, change, and grow, constantly evolving with purpose. We have become a self-motivating lifestyle.
11. Being a part of, brings us home to who we are. Giving our best gives us a home. The infinite potential of the present moment is always enough.
12. Without obsession there is no addiction. Doing our best in the present moment is perfection for any person. By being welcoming, empathetic, unconditional love, and safety, in the present moment, we are the message.
13. Personal recovery depends on the unity within each person. We have a mutual interest and a responsibility to help ourselves, and each other, live a full and fulfilling life. The quality of our common life depends on the unity of each person involved.
14. Group conscience and consilience are our path, our process, and our new way of life together. These principles are who we are, how we choose to act, and what each chooses to do.
15. Addiction is not about recovery. Recovery is not about addiction. **In PIP Success we become a lifestyle of self-discovery.** The requirements for full membership are the desire to find freedom from negative obsession and a willingness to mentor others. Participate in one to one, and the group mentoring of members. Mentoring is primarily the responsibility of the group.
16. The group exists to help every member to study and practice the principles. We apply them in every area of our lives.
17. We are completely autonomous in all our efforts. We affiliate

with outside groups or individuals worldwide as needed. All these efforts are completely public and separate from the anonymous meeting setting. All laws regarding such efforts are followed.

18. We have these purposes. To find personal recovery. To provide mentorship for a new way of life, to our members, in complete anonymity. Share what we are learning with anyone interested while protecting the confidentiality of members. Our collective experience belongs to the world dialogue.

19. In our anonymous meetings we are self-supporting by member contributions.

20. We are not professional and are completely anonymous in our group meetings. Outside of the anonymous meeting setting, all our efforts are shared publicly with any interested party or organization. We seek to share with and learn from the worldwide community.

21. We create, outside of the completely anonymous meeting setting, whatever service bodies are needed to participate in the worldwide study of the issues we are concerned with. And advocate for efforts on our behalf and those we serve.

22. At the anonymous meeting level, we have no opinion on outside issues. In efforts outside the anonymous meetings, we do whatever is necessary to be responsible world citizens in areas of interest to us.

23. Our relations at the group level, and in attracting potential members, are based only on the principles, their study and practice. We educate our members on the standards of the professional community and the laws concerning what we have a right to know about any person and what is private by law or common practice. Beyond the law and common practice each person defines their needs for anonymity and personal safety.

24. We meet and exceed any standard concerning full acceptance of every person's right to define themselves in every area of their lives. We learn how each person wishes to be identified and respected. We educate our members accordingly. With zero tolerance for mistreatment,

bullying or discrimination, at the group and service levels, we are community leaders in these areas.

25. We develop a service structure to meet the primary purpose of the group. And serve as a role model for healthy relationships based in love and service.

26. The members of the anonymous group are the final authority in all areas of the organization's life.

27. Any authority delegated by the group still belongs to the anonymous groups.

28. The anonymous group members determine the standards for leadership, select the leaders and provide management and delegation as needed.

29. For each responsibility delegated a single person is designated by the anonymous group members as the point of accountability with clearly defined goals and methods.

30. Group conscience and consilience, based on the study and application of principles, is utilized for all dialogue and decision making. These processes are developed, as well, for use by members in all their relationships in daily life.

31. Each member is equally responsible for all activities of the group in its anonymous meetings and other activities and has an equal voice.

32. The quality of all the group and individual activities on behalf of the primary purpose are dependent on constant individual study, group study, and application of the principles.

33. Every point of view is essential and is sought out. Special efforts are made to include the minority opinion and the lone dissenter. Maximum diversity and unanimity are the method, and goal, in our constant evolution.

34. Any member can petition the group for the hearing on a

disagreement and the hearing is convened. A matter that is important to one member is important to the group.

35. Only anonymous contributions during the meeting are used for that purpose. The anonymous group members decide how it wants to fund service efforts beyond the needs of the anonymous group setting. All laws and customs are followed.

36. In all efforts of the group, its anonymous meetings and service structure, the goals are twofold. To serve the primary purposes of the group. And give each member the skills to study, apply, and practice these principles in every aspect of their lives.

Meeting Format for Anonymous Gatherings

Welcome to PIP Success where perfection is progress! We are here!

Together we say:

We gather in love and service! Right now! Right here! We are success!

We gather in love and service. The principles we study and practice are our unconditional love for me just as I am, for you, for every person, and the present moment in which all life happens. Right now. Right here. My life begins as it is ending. Each past moment is dead. A source of infinite lessons. Each future moment is pure potential. We help each other succeed, against all odds, no matter what. We are success!

Welcome to this wonder filled place, you, where doing your best, in this present moment, right now, right here, is always your best. No person has ever done better. Perfection is progress.

Our message is that any person with the condition commonly called addiction, in all of its manifestations, can stop the behaviors, quit negatively obsessing, find positive passions in life, and succeed in every area of their life.

36 Facets of Success

Success has many dimensions. It is a lifelong process of learning, changing and growing in all areas of life. In all relationships. In all environments. All that is constant is change. We never stay the same from moment to moment. There is no returning to sometime in the past.

Change unfocused is chaos. If I do not know who I am, or I do not know how to be me, the result is constant change that has no focus. We believe addiction may be one of the results.

We focus only on the ways in which each of us can be the change we

want to see in our lives. Be the change we want to see by learning more about ourselves. Be the change through practice of positive principles to be our best in the present moment. Right now. Right here.

We explore 36 facets of success as a starting point. The first twelve are a foundation for personal success. I learn who I am and come home to who I always have been. The middle twelve are the foundation for my personal unity, and success, in this organization, in relationships, and in organizations beyond PIP Success. The final twelve concern the need for ground rules of communication in all relationships.

The principles at the basis of these 36 faces of success are applicable in all our relationships. We believe we are the principles and imbalance, dysfunction, dis-ease, and disease results from not being who we are and practicing the skills of being who we are.

In each of our gatherings we focus on this core belief. Love creates. Love creates mutual and enjoyable relationships. My mutual and enjoyable relationship with my self is my freedom.

We study, in each gathering, these facets of success and topics from the chapters of the PIP Success, Perfection is Progress document.

1. We have symptoms of a condition commonly known as addiction. We believe addiction is preventable, manageable, and predictable.
2. We believe the practice of principles, one present moment at a time, bring balance to our lives and homeostasis to our bodies, and bring us home to who we are.
3. We decide to practice these principles in each moment and relationship.
4. We create a new narrative about our lives, and each of our relationships. We discuss where we have been with each principle, where we are now and where we want to be.
5. We tell and retell our redeemed life story to our self, to a

person we are coming to know and trust, and to our evolving relationship with the universe as we understand it. Our new way of life is well under way.

6. The principles are who we are in each of our genes, cells, tissues, and organs. Our body as a whole and our being. They are how we recognize, describe and be who we are. They are what we choose to do, moment to moment.

7. All that happens is in the present moment. Not in the moment just past or any before it. Not in any moment yet to come.

8. We love every person, unconditionally, no matter what. In each of our relationships, past present and future, we learn to go into our love. We stay there in our goals, motives, and actions.

9. The principles are who we are. The principles are who we have always been. We learn, change, and grow. We imagine and describe, loving and creative ways to confidently be of maximum service. In each moment and relationship. To serve is to love.

10. All that is constant in nature is change. We are excited to learn about ourselves. We seek and welcome inspiration. We learn, change, and grow, constantly evolving with purpose. We have become a self-motivating lifestyle.

11. Being a part of brings us home to who we are. Giving our best gives us a home. The infinite potential of the present moment is always enough.

12. Without obsession there is no addiction. Doing our best in the present moment is perfection for any person. By being welcoming, empathetic, unconditional love, and safety, in the present moment, we are the message.

13. Personal recovery depends on the unity within each person. We have a mutual interest and a responsibility to help ourselves, and each other, live a full and fulfilling life. The quality of our common life depends on the unity of each person involved.

14. Group conscience and consilience are our path, our process, and our new way of life together. These principles are who we are, how we choose to act, and what each chooses to do.

15. Addiction is not about recovery. Recovery is not about addiction. **In PIP Success we become a lifestyle of self-discovery.** The requirements for full membership are the desire to find freedom from negative obsession and a willingness to mentor others. Participate in one on one and group mentoring of members. Mentoring is primarily the responsibility of the group.

16. The group exists to help every member to study and practice the principles. We apply them in every area of our lives.

17. We are completely autonomous in all our efforts. We affiliate with outside groups or individuals worldwide as needed. All these efforts are completely public and separate from the anonymous meeting setting. All laws regarding such efforts are followed.

18. We have these purposes. To find personal recovery. To provide mentorship for a new way of life, to our members, in complete anonymity. Share what we are learning with anyone interested while protecting the confidentiality of members. Our collective experience belongs to the world dialogue.

19. In our anonymous meetings we are self-supporting by member contributions.

20. We are not professional and are completely anonymous in our group meetings. Outside of the anonymous meeting setting, all our efforts are shared publicly with any interested party or organization. We seek to share with and learn from the worldwide community.

21. We create, outside of the completely anonymous meeting setting, whatever service bodies are needed to participate in the worldwide study of the issues we are concerned with. And advocate for efforts on our behalf and those we serve.

22. At the anonymous meeting level, we have no opinion on outside issues. In efforts outside the anonymous meetings, we do whatever is necessary to be responsible world citizens in areas of interest to us.

23. Our relations at the group level, and in attracting potential members, are based only on the principles, their study and practice. We educate our members on the standards of the professional community and the laws concerning what we have a right to know about any person and what is private by law or common practice. Beyond the law and common practice each person defines their needs for anonymity and personal safety.

24. We meet and exceed any standard concerning full acceptance of every person's right to define themselves in every area of their lives. We learn how each person wishes to be identified and respected. We educate our members accordingly. With zero tolerance for mistreatment, bullying or discrimination, at the group and service levels, we are community leaders in these areas.

25. We develop a service structure to meet the primary purpose of the group. And serve as a role model for healthy relationships based in love and service.

26. The members of the anonymous group are the final authority in all areas of the organization's life.

27. Any authority delegated by the group still belongs to the anonymous groups.

28. The anonymous group members determine the standards for leadership, select the leaders and provide management and delegation as needed.

29. For each responsibility delegated a single person is designated by the anonymous group members as the point of accountability with clearly defined goals and methods.

30. Group conscience and consilience, based on the study and application of principles, is utilized for all dialogue and decision making.

These processes are developed, as well, for use by members in all their relationships in daily life.

31. Each member is equally responsible for all activities of the group in its anonymous meetings and other activities and has an equal voice.

32. The quality of all the group and individual activities on behalf of the primary purpose are dependent on constant individual study, group study, and application of the principles.

33. Every point of view is essential and is sought out. Special efforts are made to include the minority opinion and the lone dissenter. Maximum diversity and unanimity are the method, and goal, in our constant evolution.

34. Any member can petition the group for the hearing on a disagreement and the hearing is convened. A matter that is important to one member is important to the group.

35. Only anonymous contributions during the meeting are used for that purpose. The anonymous group members decide how it wants to fund service efforts beyond the needs of the anonymous group setting. All laws and customs are followed.

36. In all efforts of the group, its anonymous meetings and service structure, the goals are twofold. To serve the primary purposes of the group. And give each member the skills to study, apply, and practice these principles in every aspect of their lives.

As we personalize our study and practice of the principles, an amazing awakening begins and continues from moment to moment. Each in our own way, we find the principles are who we are and always have been. We are designed for success. We are love and service. We are unconditional love. We are success. As individuals and as an organization we are committed to supporting every effort to rid the world of unmanageable levels of addiction, in all its manifestations. To love is to serve.

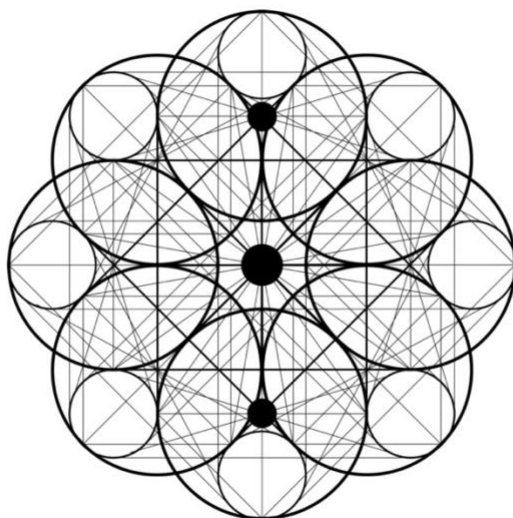
Closing Statement

Together, at the end of the gathering we say:

I leave footprints each moment for someone, to make the next person's walk easier, be free to go beyond, and do better, because of my footprints. I help each person be freer to be of service, to all mankind, Right now. Right here.

I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.

I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.



I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.

Short list of principles

Each member can refer to these ideas, as principles, values, beliefs, traits, or in any other way each person chooses.

We study and practice principles from around the world. They are about lifelong success in every area of our lives. They are the principles that bring each of us to a belief system that meets our individual needs, life circumstances, and preferences.

Acceptance
Accountability
Anonymity
Autonomy
Awareness
Balance
Caring
Caution
Collaboration
Collective guidance
Collective guidance
Commitment
Communication
Compassion
Confidence
Connection
Consilience
Consistency
Conviction
Courage
Creativity
Dignity
Discernment

Empathy
Equality
Faith
Fidelity
Flexibility
Forgiveness
Freedom
Generosity
Goodwill
Gratitude
Happiness
Harmony
Honesty
Hope
Hospitality
Humility
Inclusiveness
Independence
Integrity
kindness OK
Love
Loyalty
Open-mindedness
Passion
Patience
Perseverance
Prudence
Purpose
Respect
Responsibility
Sacrifice

Safety
Security
Self-acceptance
Self-discipline
Self-honesty
Self-support
Selfless
Selfless service
Selflessness
Service
Sharing
Simplicity
Stability
Steadfastness
Surrender
Tolerance
Trust
Unconditional love
Unity
Vigilance
Welcome
Willingness
Wisdom

Daily Function Homeostasis

Daily Function Homeostasis (Day-Fun-Home)



<https://clinmedjournals.org/articles/jfmdp/journal-of-family-medicine-and-disease-prevention-jfmdp-3-053.php?jid=jfmdp#fig1>

My Needs

Acceptance
Affection
Air
Appreciation
Authenticity
Autonomy
Awareness
Beauty
Belonging
Celebration of life
Challenge
Choice
Clarity
Closeness
Communication
Communion
Community
Companionship
Competence
Connection
Consciousness
Consideration
Consistency
Contribution
Cooperation
Creativity
Discovery
Ease
Effectiveness

Empathy
Equality
Exercise
Food
Freedom
Growth
Harmony
Honesty
Hope
Humor
Inclusion
Independence
Inspiration
Integrity
Intimacy
Joy
Learning
Love
Meaning
Mourning
Movement
Mutuality
Nurturing
Order
Participation
Peace
Physical well-being
Play
Presence
Purpose
Respect

Rest
Safety
Security
Self-expression
Self-respect
Sexual expression
Shelter
Sleep
Space
Spontaneity
Stability
Stimulation
Support
To know and be known
To matter
To see and be seen
To understand and be understood
Touch
Trust
Understanding
Warmth
Water

Feelings When My Needs Are Being Met

Affectionate
Compassionate
Friendly
Loving
Openhearted
Sympathetic
Tender
Warm
Engaged
Absorbed
Alert
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated
Hopeful
Expectant
Encouraged
Optimistic
Confident
Empowered
Open
Proud
Safe
Secure
Excited
Amazed
Ardent
Aroused
Astonished

Dazzled
Eager
Energetic
Enthusiastic
Giddy
Invigorated
Lively
Passionate
Surprised
Vibrant
Grateful
Appreciative
Moved
Thankful
Touched
Inspired
Amazed
Awed
Wonder
Refreshed
Joyful
Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled
Exhilarated
Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled
Peaceful
Calm

Clear headed
Comfortable
Centered
Content
Equanimous
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting
Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

Feelings When My Needs Are Not Being Met

Afraid
Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petrified
Scared
Suspicious
Terrified
Wary
Worried
Annoyed
Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irritated
Irrked
Angry
Enraged
Furious
Incensed
Indignant
Irate
Livid
Outraged
Resentful
Aversion
Animosity
Appalled
Contempt

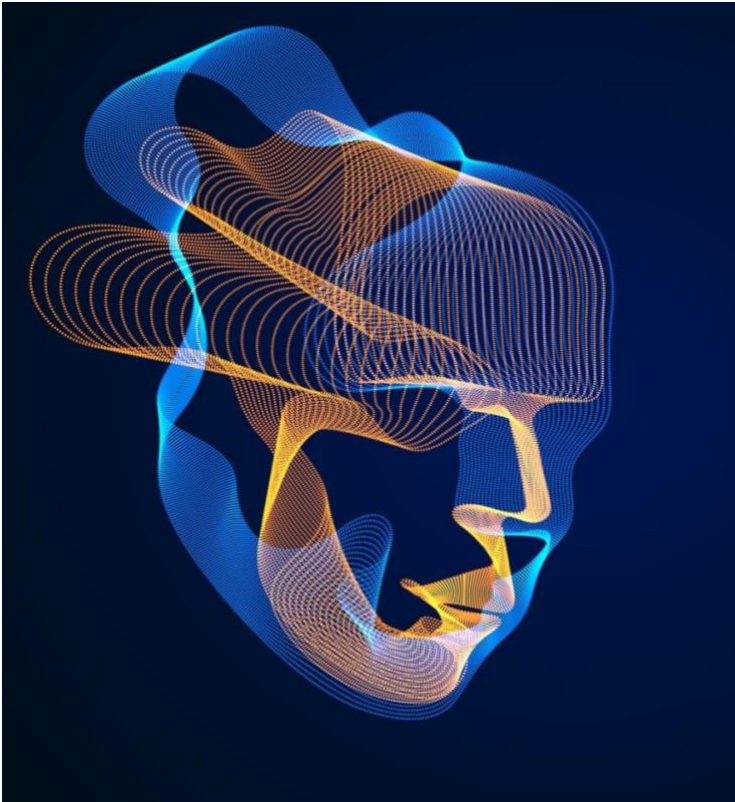
Disgusted
Dislike
Hate
Horrified
Hostile
Repulsed
Confused
Ambivalent
Baffled
Bewildered
Dazed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Torn
Disconnected
Alienated
Aloof
Apathetic
Bored
Cold
Detached
Distant
Distracted
Indifferent
Numb
Removed
Uninterested
Withdrawn
Disquiet
Agitated
Alarmed
Discombobulated
Disconnected
Disconcerted
Disturbed
Perturbed

Rattled
Restless
Shocked
Startled
Surprised
Troubled
Turbulent
Turmoil
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset
Embarrassed
Ashamed
Chagrined
Flustered
Guilty
Mortified
Self-conscious
Fatigue
Beat
Burnt out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Tired
Weary
Worn out
Pain
Agony
Anguished
Bereaved
Devastated
Grief
Heartbroken
Hurt

Lonely
Miserable
Regretful
Remorseful
Sad
Depressed
Dejected
Despair
Despondent
Disappointed
Discouraged
Disheartened
Forlorn
Gloomy
Heavy hearted
Hopeless
Melancholy
Unhappy
Wretched
Tense
Anxious
Cranky
Distressed
Distraught
Edgy
Fidgety
Frazzled
Irritable
Jittery
Nervous
Overwhelmed
Restless
Stressed out
Vulnerable
Fragile
Guarded
Helpless
Insecure
Literary

Reserved
Sensitive
Shaky
Yearning
Envious
Jealous
Longing
Pining
Nostalgic
Wistful

PIP Success Goals for Members



PIP's goals are to help each member:

Develop a self-motivating style of living in the present moment.

Develop a self-motivating lifestyle.

We Are Success



When I set my mind to accomplish a goal, it can always be accomplished.

How?

I'll figure it out no matter what I have to do.

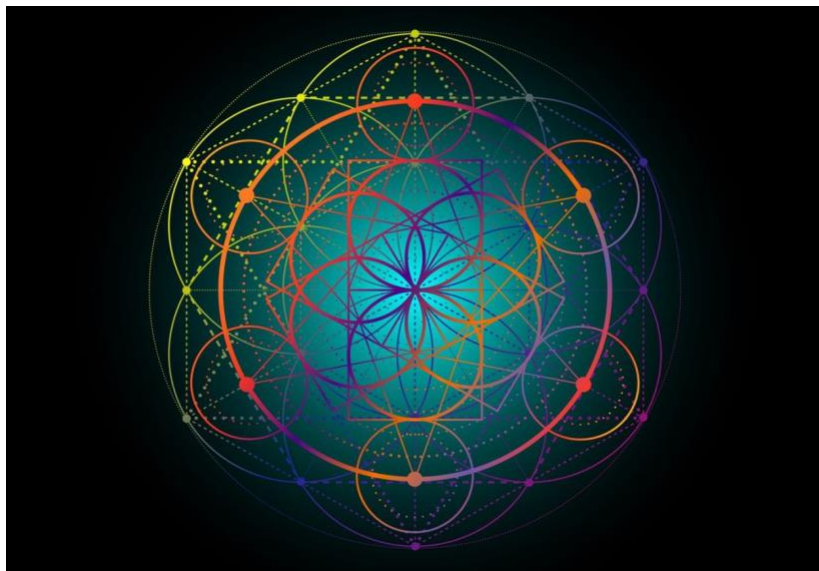
Another Look at My Needs



Physiological needs
Aesthetic needs
Belonging and love needs
Transcendence needs
Self-actualization needs
Safety needs
Cognitive needs
Esteem needs

I am all of these needs equally at all times.

I am.



Mantras

I am.
I am acceptance.
I am accountability.
I am anonymity.
I am autonomy.
I am awareness.
I am balance.
I am caring.
I am caution.
I am collective guidance.
I am commitment.
I am communication.
I am compassion.
I am connection.
I am consilience.
I am consistency.
I am conviction.
I am courage.
I am creativity.
I am dignity.
I am discernment.
I am empathy.
I am equality.
I am faith.
I am fidelity.
I am flexibility.
I am forgiveness.
I am freedom.
I am generosity.

I am good will.
I am gratitude.
I am happiness.
I am harmony.
I am homeostasis.
I am honesty.
I am hope.
I am hospitality.
I am humility.
I am inclusiveness.
I am independence.
I am integrity.
I am kindness.
I am love.
I am loyalty.
I am open mindedness.
I am passion.
I am patience.
I am perfection.
I am perseverance.
I am progress.
I am prudence.
I am purpose.
I am respect.
I am responsibility.
I am sacrifice.
I am safety.
I am security.
I am self-acceptance.
I am self-discipline.
I am self-discovery.

I am self-honesty.

I am self-support.

I am selfless service.

I am selfless.

I am selflessness.

I am service.

I am sharing.

I am simplicity.

I am stability.

I am steadfastness.

I am success.

I am surrender.

I am the 36 faces of success.

I am the 36 facets of success.

I am the principles.

I am the unity in our diversity.

I am trust.

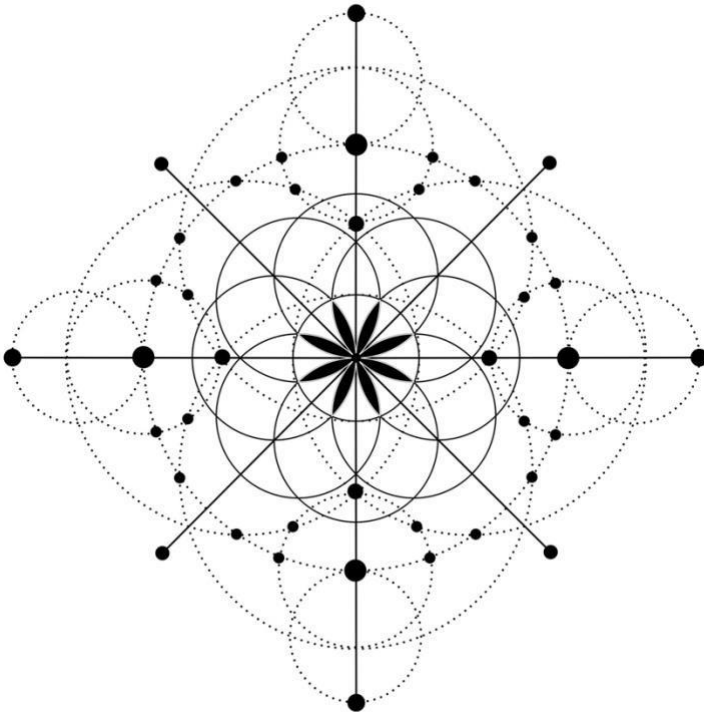
I am unconditional love.

I am unity.

I am welcome.

I am willingness.

I am wisdom.



I have faith in the process. I trust in the process. I create the process. I improve the process. I am the process.

I am the principles.

Most of us have come to believe that the principles we study and practice here are separate from us. They are ideas from the universe somewhere.

These principles, from around the world, we believe, give us a language to help us speak, think, and meditate on our lives.

We believe these principles help us develop and describe our beliefs, determine our actions, and they give us a reason to go on in the most difficult moments of life.

Then we find that in studying and practicing these principles, we become the co-creators of a life worth living.

The more of them we practice, the more we learn about each of them, as they apply to the present moment, we find we are learning who we are, how to express ourselves more effectively, and begin loving and serving as a way of life. As naturally as the dawn follows the night.

As we personalize our study and practice, an amazing awakening occurs. Each in our own way, we find the principles are who we are and always have been. We are designed for success. We are love and service.

These principles are not outside us at all and from the universe somewhere. They are what holds the universe together on its best moments and gets it through its worst moments.

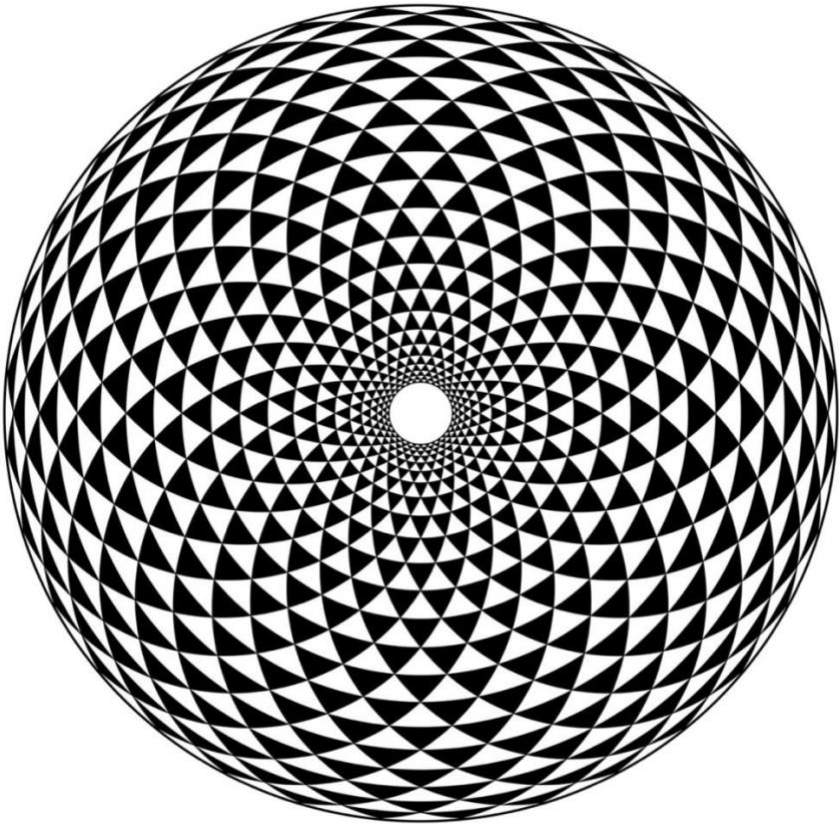
They bring balance to my being and my doing. They bring health and homeostasis to my every gene and cell.

My study and practice have brought me home to who I am and always have been. I am the principles.

I plan where I will plant a new tree after
the next hurricane.

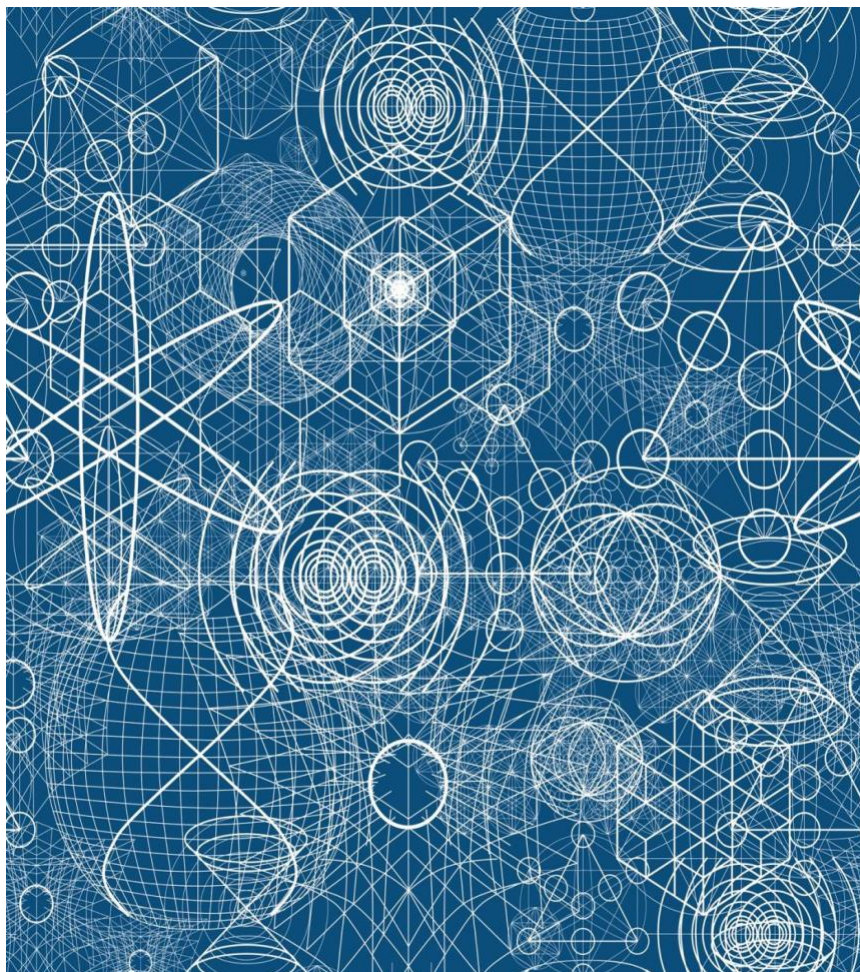


I am joy!



If there are a billion persons, then there are a billion distinct and separate realities possible. As many individual successes. Each defined by the person based on their principles.

The universe is the love that I am.





Only when I believe it, will I achieve it.

I was born in unity. I live in unity. My legacy will be unity. In my unity I am the diversity of the universe. I am eternal love. The eternity of the past moments. The eternity of this moment. The eternity of love's potential is my future. I am love.



Perfection is Progress!

I have faith in the process. I trust in the process. I create the process. I improve the process. I am the process.

I am one with the universe. The universe known. The universe unknown. The universe unknowable. We are one. We are me. We are myself. We are I.

I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.

I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.

I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.

My perfection is my progress.

I am my ability to respond.

I am responsibility.

I am love.

I am acceptance.

I am consilience.

I am compassion.

I am flexibility.

My faith is creativity in action.

I am conviction.

I am loyalty.

My faith never arrives anywhere. It just leads to more faith. I am faith.

I am self-honesty.

I am open-mindedness.

I am willingness.

I am honesty.

My goal is my leader. My higher quality goal, with higher quality inputs, gives higher quality output, and products. Higher quality is my partner in leadership.

My best is who I am. Right now. Right here. In this present moment. Where my life begins, as it ends. All past moments are dead. All future moments are pure potential.

I am unity.

I am humility.

I am gratitude.

My old age is in great part self-doubt. My success, balance, health, and my homeostasis defy the aging process. I am of maximum service. I will know when it is time to stop breathing.

I am patience.

I am sharing.

I am health.

I am balance.

I am homeostasis.

My past is an endless gold mine of lessons that has no beginning and no end. A limitless renewable resource. The past is dead. Its positive value is eternal.

I am caring.

I am consistency.

I am dependability.

I am predictability.

I am creativity.

My past is dead. A wonder filled school of lessons, enough for my life, and thousands of others.

My personal leadership. My personal decisions. My personal solutions. It is all up to me and has nothing to do with anyone else. My best, for the most, for the least. My best, to the least, for the most.

My best, in this present moment, is perfection. My best is progress, in this present moment.

I am this present moment. In this present moment I am doing my best. I am making progress. My progress is my perfection. It is my best.

I am discernment.

I am part of.

I am interdependent independence.

I am dependence.

I am reliance.

I am trust.

I am trustworthy.

I pledge support. I pass the test. I get promoted in responsibility.

I am safety.

I am harmony.

My language proudly tells the world I do not know what I do not know. Each day I wake eager to learn. I live each moment there. I end each day accepting that I still do not know what I do not know.

My language is my passion for learning about my self each moment, my passion for mining the past moments for lessons, and my passion about the pure potential of each future moment.

I am accountability.

I am confidence.

I am freedom.

I am courage.

I market myself with integrity. No one can know my potentials unless I package and market them successfully. Potential is my success. Success is my potential.

I release my affirming emotional powers.

In my life there are no stalemates. Only a smile in my walk, faith in the process, and the sincere knowledge there are as many possibilities as people who have ever lived, people who live, now and people who will ever live.

Patience is my success.

I plant. I water. I fertilize. I harvest. I prune. I am the soil I garden. I am the seed I plant. I am the blossom that becomes newness in its time.

My perfection is progress! My life is an exclamation mark!

I am perfection in my progress! My progress is perfection in this present moment!

My progress is my success! My success is progress!

I am success. I am progress. This moment is my perfection.

I sacrifice mightily. I risk rejection. I welcome criticism.

I am autonomy.

I am communication.

I am generosity.

I am dignity.

I am forgiveness.

I am empathy.

I am collective guidance.

I am awareness.

I am balance.

I am connection.

I am caution.

I am goodwill.

I am passion.

I am selfless in my love for my self and for you. I am selfish in my love for you and for me. They are mutually inclusive.

I am perseverance.

I am safety.

I am vigilance.

I am simplicity.

I am wisdom.

Success is a private, very personal, intimate walk with my self first. If it works, I will suffer first.

Success is first nature for me, as I creatively welcome and respond creatively, in each moment, to more and more uncertainty.

My stumbles, falls, failures, mistakes, errors, guilt, shame, and remorse, show me where I need more focus, intention, and

purpose. My conscious choice of a primary purpose, for this moment, gives me focus, options and choices.

Success each moment is a process of lifetime potential that I cannot use up. No how. No way. Infinite in its potential for learning, changing, and growing in every area of my life.

Success of all is my only obsession.

I am positive obsession. Positive obsession is my drive and passion for life seen anew, better health, more balance in my being and doing, and homeostasis. For all, and for me. My negative obsession is no more. My negative obsession is a thought process minus options and choices, creative use of my principles, and only makes matters worse. My positive and negative obsessions are mutually inclusive.

I succeed by helping you succeed.

Right now, right here, in this present moment, I verbalize and act on the messages from the vastness of my self and the whole universe. What to do. Where to go. How to love. Goals to achieve. Dreams. I am creative imagination filling this present moment with the best for the most. For the benefit of the least.

I am belief where there is disbelief. A dance where there is downcast. A laugh where there is morbidity. I am the idealist where there is only realism. Dreamer where there is disappointment. I am the healing force. The hopeful friend. The happy joiner to those in isolation.

I am attraction.

I am commitment. I am focus. I am intention. I am mutual. I am beneficial. I am enjoyable.

I get what I need by giving it away.

I am change. Change is me. All that is constant is constant change. I am all that is constant.

I am anonymity.

I am intentionality.

I am caution.

I am surrender.

I am fidelity.

I am the progress in the present moment.

I am perfection in the present moment.

I am equality.

I hear success in all areas of my life. I hold on only until it is safe

to let go.

I have always been success. I was born success. I was born good. I have always been good. I am goodness.

I plan where I will plant a new tree after the next hurricane.

I am action.

I am me. I am myself. I am I. At one with the known, unknown, and unknowable universes. Divisible, not separate from, indivisible, and only responsible for my best as I see it each moment. We are unity in our diversity. Mutually inclusive. I account for me and myself.

I am self-determination. I am self-administration. I am self-verification. I seek everywhere. In the end, though, I create my options, my choices, and I am the decision maker, the being and doing of those choices. I do the work. I am the work.

I am steadfastness.

I am faith.

I am being.

I am homeostasis.

I am tolerance.

I am stability.

I am hope.

I am kindness.

I am hospitality.

I am inclusiveness.

I am selflessness in my selfishness.

I am kindness.

I am doing.

I am integrity.

I am happiness.

I walk the walk of faith. I give my life over to faith in the process. My faith protects me. Faith opens doors and it closes doors.

I am respect.

I wipe the slate clean.

I wake success.

I yield to the creative process that I am.

I turn others garbage to profit.

I write success.

I verbalize victory.

I undergo to overcome.

I am faith. I am integrity. I walk securely.

I am faith. I am love. I give hope. I am determination.

I am each of the principles in form and function.

I am entrepreneurship.

I am customer service.

I am selfless service, in my selfishness.

I am prudence.

I am self-discipline.

I am purpose.

I am self-support.

I am service.

I am self-acceptance.

I am responsibility.

I am respect.

I am security.

I am sacrifice.

I am inner conviction big enough for my entire life.

I am balance.

I am irreverence. I am skepticism. I am cynicism. I am balance. I am homeostasis. The best for the most for the least. The best for the least. The most for the best. All mutually

inclusive.

I am integrity. I am sacrifice. I am collective guidance.

I am leadership. I am inspiration. I am affirmation. I ask success-oriented questions.

I am learning from the galaxies, the bees, the air we breathe, the bacteria and virus that are what holds our bodies together. Together in a balance of being, doing, and the homeostasis of life itself.

I walk success.

I am learning from gossip and criticism of every type. I seek and learn from every type of critique, from any source. I put it out there and receive criticism like hungrily craving my favorite meal.

Unconditional love for the process, for all moments, and for all participants.

The principles I choose are positive.

The principles I choose are universal in their unity.

The principles I choose are loving and caring.

The principles I choose are my health.

The principles I choose are my balance.

The principles I choose are my being.

The principles I choose are my doing.

The principles I choose are homeostasis.

The principles I choose are who I am.

I come early to this moment. I take a front row seat. I stay late. I do whatever it takes. I do whatever no one else is willing to do. Your success is my success.

I constantly master decision making by happily acknowledging that I do not know what I do not know.

I come home to who I am. That is my decision. My choice. My commitment. It is my deepest desire. I am restless because I am constantly growing. Learning. I seek lifelong learning. Change is constant. Growth is my identity and integrity. Stagnation is forgetting who I am. Not being me. Right now. Right here.

I learn to be liberated. I teach to liberate. I am liberation.

I make irrevocable commitments, no plan B, no loopholes, no reservations. If there's a possibility of success I will find it in some

unseen, unknown, unimaginable option. New to me and maybe even new to the human race. I can be a genetic leap forward creatively.

I never give up on me. I am my own 2nd chance. 3rd. 4th. 1 trillionth. My success depends on me and only me. We are me. The known, unknown, and unknowable universe are me.

The principles I choose are who I am, and choose to be, in this present moment.

The principles I choose are my hobby.

The principles I choose are my wants.

The principles I choose are my needs.

The principles I choose are my process.

I trust the process. I am the process. I reach out. I yield to the co-creative process of the moment. I give to the moment passionately, as though the success of the universe depends on me right now. Right here. It does.

The principles I choose determine my needs.

The principles I choose are my actions, and the results of my actions.

I successfully survive no matter what. Not just survive. I survive exquisitely, and openly, in the presence of those I love first. Then for the benefit of my community. The best for the most and the least. The lessons I learned.

A lesson learned that is not shared may be, over millions of years, the reason millions die unnecessarily. No matter what is real about Jesus Christ, or Buddha, or any of the other great ones. Their simple life and lessons changed the world. Every idea that saves humanity was first a thought in one person's mind. Or an action taken by one person, in one moment somewhere, that was observed by another, and became an idea in their head that they passed on. Or acted on.

I think tough. I love tenderly.

I surround me with me. Equality in fact and essence. Only equality is real and who I am.

I surrender to "who, what, where, when, why, and how I am". I am surrender. I am acceptance.

The principles I choose help me feel my emotions.

The principles I choose help me understand my feelings.

The principles I choose help me experience and appreciate my bodily sensations.

The principles I choose are my way of life.

The principles I choose are my goals.

The principles I choose are my salvation.

The principles I choose help me identify, and describe my bodily sensations, emotions, and feelings.

The principles I choose determine my actions.

The principles I choose are my interest.

The principles I choose help me learn from the past.

The principles I choose are my thoughts.

The principles I choose are my success instinct.

The principles I choose are my survival instinct.

The principles I choose help me accept my feelings.

The principles I choose are my path.

I am compromise. Compromise is my road to the highway. Infinite highways. The challenge is always to be part of enough to arrive at the next beginning. I communicate and compromise to constantly arrive together at new beginnings. If I am not

constantly arriving together at new beginnings, I end up alone in a crowd. Lost.

I am cooperative creation. I am the creation story every moment. I see and it is good. I know and it is good.

At the right moment I put all my eggs in one basket. No less will get the important stuff done. For a word to get into the dictionary, someone somewhere created it, said it for the first time, and sometimes changed the world. Progress. Someone, somewhere, created the word, and gave it meaning.

The word perfection was first said by someone who created it. And it was given meaning.

"Perfection is progress" was first thought and said by someone, spoken a first time, and given meaning.

Daily I find a need and am the resolution. I find a chasm and be the bridge. I find grief and be the consolation. I find a problem and be the solution. I find a hurt and be the healing.

I am the action that is unconditional love.

I am creation. I am evolution. My homeostasis is evolution. My balance is evolution. Always more in common than different. More the same than not. I am creativity. I am conflict resolution. I am health. I am the principles.

I expand the base. In all aspects of my life. I am belonging.

I find another small way to be more, do more, give more, receive more. An unlimited self-generating natural resource.

If I do not find you guilty, there is no need for forgiveness.

I do not know what I do not know.

I forgive and forget but remember. I am safety. I am unconditional love. I am forgiveness. I am forgiven.

I give without guarantee of return ever. Then give some more. I happily go to the point of no return.

I find how we are mutually inclusive. Mutually exclusive no more. Unanimity not difference. I am unity in all diversity.

I start. Start. Start. Start. Start. Start. Never stop. Just pause to refresh. Every moment is a new start. There is never a finish. Only a pause to refresh. I am grateful for my progress. I am certain of new learning opportunities, and teaching opportunities. They are coming endlessly.

The principles I choose are my homeostasis. In each gene and cell of my body.

The principles I choose are my fixation.

The principles I choose are my balance. In my being, In my doing. This present moment.

The principles I choose guide my thoughts.

The principles I choose help me to feel my emotions.

The principles I choose help me describe the past.

The principles I choose determine my wants.

The principles I choose help me regulate my emotions.

The principles I choose are my strategy.

The principles I choose are my preoccupation.

The principles I choose are my positive obsession.

The principles I choose are my inexhaustible self-discovery process.

Only at the limits of proof is my faith possible and necessary.

I stay. Accompanied only by a self-motivating lifestyle. My lifestyle is the model for all my relationships. I study success. I am success.

My faith is never ending. My faith always pays. My faith creates

faith. My faith becomes dreams.

My faith kicks in when no matter what, and against all odds, is exhausted.

Attitude. Gratitude. Platitude. Attitude. Gratitude. Platitude.
Attitude. Gratitude. Platitude.

I find unity through seeking the widest diversity. Chaos is success.

Contradictions, and my creative urge, bring me to a struggle. New options, and choices, seem to come out of the thin air. It's like they were always there. And they are everywhere. Infinite in number. Just waiting for me and this moment.

I am manifestation. I am actualization. I am creativity. I am love.

I am new meaning. I am new words and definitions. I create meaning and find words to describe. I create meanings of new and existing words. A person somewhere first thought every word, and every meaning. A person somewhere first said a word and gave it a meaning.

A person somewhere first put in writing a word, and its meaning. Why not I? There is nothing stopping me. No law. No rule even. Just customs. If every person only used words and definitions available at the time, we would not have many words in our dictionary.

I creatively negotiate over, around, through, any challenge with rigorous honesty, open-mindedness, willingness, and unconditional love.

I am one system.

I am non-negotiable.

I am mentorship.

I am refinement.

I am safety.

I am resilience.

I am positive emotions and a smile. I am stealth. I am steadfast. I am enough options and choices to never fear. Failure does not exist.

I am peace of mind. I am abiding. I am powerful. I am deep. I am pervasive. I am attraction.

I cry. I laugh. I just am.

I declare my intentions. I am my intentions.

I doubt doubts. I have faith in faith. My faith skills are infinite and cannot be learned in all the lifetimes of every person ever.

In all moments I live in a way to be remembered the year after my death. We are story tellers.

I want to have said, or done something, that someone somewhere, after I am dead, will remember.

Those who come after me will not have to re-invent the wheel because of my efforts. Better yet their life may be saved by something I said or did. That is who I am. I am doing it.

I visit, perceive, enjoy other worlds.

If there is not a high risk of failure, my goals are not worthy of my best efforts. I yield to the success that I am.

My faith in my process abandons all fears, realistically, with healthy boundaries.

All is changing and staying the same at the same time. I am that. Whether I like it or not. Acceptance. I relax in the flow of the river of life, creation of the future, success of humankind and all of existence.

I am the language of my ever evolving best.

I am the language of the present moment.

I am the language of my process and my path.

I am the language of my wants.

I am the language of my success.

My faith in my process accepts all. Faces all. Redeems all just by coming home to me and being me.

Anxiety is unexpressed peace. Peace is who I am. Anxiety is useful for a short time, to focus me on my peace, and the steps to relax there.

I am a rugged individual. I am unique. I have a separate identity. I swim upstream. I lead the flock. I go against the current. I start a new trend. I fashion anew. I am self-assurance. I am self-reliance. I break new ground. What is best for me is best for the success of humanity.

I am a self-motivating lifestyle.

I am a wonderful recipe. My life is a wonderful recipe. Constantly improving. If it works, I improve it.

I am allostasis.

I am a ladder. I am a pyramid. And I am a mountain. I talk. I listen. I create my success. I am my success. I am a self-perpetuating process of learning, changing, growing. I am infinite

lessons learned from the past. Infinite faith in the future possibilities. I am laser focused positively in the present moment. The full power of my body's lineage story, and history, and potential, are focused on this moment.

I am intellectual. I am emotional. I am determination. I am discipline. I explode in energy and action. Each stage excites me and brings laser focus. I am self-motivating. Each stage uses more of who I am. This is who I am. I just trigger me. The rest will be history.

I am innovation.

I am leadership. I am management.

I am learning from every belief system, in all areas of life, to find gems of commonality, that might hint to something more real. Amidst the mounds of fluff. All belief systems and I are mutually inclusive. I am mutual inclusivity.

I drink success.

I eat success.

I embrace success. I am success. I accept only success. I pursue success. I am grateful for success. I welcome success. I share success. Success is the best for the most. For the least. Nothing less is not a worthy standard.

I embrace the high risk of getting nothing but another learning experience. That is the essence of all my principles, values,

belief systems. The essence of my creation and evolution. Co-creation. I am made in the image of all that is the cause of success, these thousands, and millions, and billions of years. No matter the origins, this is the highest potential. Perfection is progress because progress is perfection in all creation. I risk getting it all wrong. That is still my best if I believe that is our best right now, right here, in the present moment.

I excel at leading, following, walking beside. Always as an equal. No matter what. I exercise success.

I resist change only long enough to personally determine whether it's best for me. No longer than that. No moment ever in my life is anything but change. Constant change is all there is.

I am the language of the sum of the vast unknown, the unknowable, the unimaginable, and that which I cannot even imagine that I will ever imagine.

I am the language of innovation.

I am the language of finding what is held in common and built on. Nothing more. Nothing less.

I am the language of assumptions questioned. Nothing is the final word on any matter. I am the language of that humility, bravery, and the creative potential. I do not know what I do not know.

I am the language of my needs.

I am the language of my every sentence. Every sensation.
Every emotion and every perception.

I am the language of the message.

I am the language of my message.

I am the language of understanding. Especially of the person I
seem to disagree with the most.

I am the language of liberation and education. My dignity is not
negotiable. My perceptions are valid.

I am the language of healthy boundaries and affirming
distinctions.

I am the language of acceptance.

I am the language of actions based on principles and needs.

I see only the good in all situations. I respond positively
always. I create mental images, and scenarios, of success
achieved. I affirm only positive expectations.

I see the fluff in any situation, and I get to the kernel of
"temporary truth" often hidden.

I see the world as it can be. I see me as I can be. I accept you

as you are. I see you as you can be. Not only as you were.

I start the day with a plan for how I will feel when the day is over, and I nod off to sleep. I relax into the magic of each moment. All day, until I nod off to sleep.

I start, live each moment, and end each day with the joyful admission that eternally "I do not know what I do not know". Every human ever has started their day in that state, lived each moment in that state, ended each day in that state, or were living in denial of what is real. What is real, for me, is that no human being can possibly know what they do not know.

I know enough to know that "I do not know what I do not know" and am forever stuck in that happy humility.

In me conflict is an important part of all that is constant. Conflict, for me, is change happening. Humbly knowing "I do not know what I do not know" turns conflict into simply another learning opportunity. A mutual and beneficial process where everyone wins, if I am safely at home in me, as the humility and creative freedom I am.

If there are a billion persons, then there are a billion distinct and separate realities possible. As many individual successes. Each defined by the person based on their principles.

I am my success. I wake there each day and go to sleep as my success. My success is our success.

I step on the scale of my life many times a day. Making tiny adjustments to meet the goals of the moment. Maximum

service. My best for the most.

My success is personal. My success is private. Always a solitary decision. The alpha and omega. Groups do not succeed. Only individuals succeed.

My wildest impulses become great solutions. My best for the most.

Obstacles are opportunities. Opportunities are obstacles. My love sees only learning.

Only when I believe it, will I achieve it.

I am my purpose. Who needs what I offer? Who wants what I offer? Who can benefit from what I have to offer? Who do I need? Who has what I want? Who has what I need? That is my public relations program. That is my consumer focus.

I am letting my body inform my choices among infinite options.

I am the language of my ever evolving best.

I am the language of manageable risks.

I am the language of love.

I am the language of my personal unity. My unity is the only unity I need to focus on.

I am the language of my path and my process.

I am the language of my life.

I am the language of my principles.

I am the language of seeing myself seeing.

I am the language of unconditional love for all, no matter what.

I am the language of positive obsession.

I am the language of perfection.

I am the language of uncertainty. Success comes more easily to me as I learn to handle more uncertainty. I live in an ocean of options and choices. My comfort with increasing uncertainty improves my ability to see clearly.

I am the language of the stranger. I hunger to love and be loved. Understand and be understood. Accept and be accepted.

I am the language of unity.

I am the language of homeostasis in my body, and balance in my being and doing. I am the language of intuition, fantasy,

imagination, and aspiration. I trust my gut feelings.

I am the language of invincible faith. Faith in the creative potentials of the universe. Within myself, and the universe I am one with.

I am the language of constantly evolving perceptions.

I am the language of my constantly evolving principles.

I am organization. I am management. I am flexibility. I am improvisation.

I am not really human.

I am universal.

I am stress management.

I am statements feel so good because they are me, purely putting words to my purity. There is no argument on this from any part of my body. Only pure unanimity, ancient, eternal, and beyond perfection.

Doing my best with what I have right now, right here, is perfection. The purity of "I am statements." is the pinnacle, and essence, of just being. Being is doing. The mantra "I am love." becomes action and what I can learn each time I say "I am love." Infinite in its possibilities. First it is a pure feeling of my unity. Then it becomes action in a new way. Each time

inspires a new option. A new choice. The more I say these mantras, I am increasingly creative in that moment. Maybe that is how we evolve, to a better place, in any part of our existence.

I am structure.

I am teamwork. I am delegation.

I compete for the success of humans, the known universe, and the unknown universe.

All points of view at my table. That is my unconditional love in action.

An act of my will becomes the needed willpower for the task of each moment.

Each one of my genes, cells, tissues, organs, my body as a whole, my being, my doing, are all designed for health. My health is success. I am success. I am designed for success. My balance is success. My homeostasis is success.

I am character. I am connection. I am self-confidence. I am all the principles. I am attraction. My attraction is the promotion of life itself. The procreation instinct. The creative process of the known and unknown universe of this present moment.

Every aspect of my billion or thousands of years of lineage, in each gene and cell, is designed to imagine, and create new options for the success of the human race, and the unknown. All in service to itself.

Every challenge has a life span. My challenge is bigger than my lifetime. Success for humanity. The best for the most. I walk on water.

Failure is not possible for me. Impossible possibilities are all around me. I close my eyes and feel my way there. I keep walking and seem to eventually walk right into them. I likely will not recognize them right away so keep walking. I do not stop until I see it. Success is all there is.

Every moment I am ready to die. I can die now, no matter what is or is not after what we call death. The best for the most.

My faith forms the idea. The potential becomes real. My faith plants it. My faith nurtures it. It matures and produces a great harvest. All by faith in the unknown. I know but cannot know. My faith is an action, a process, the beginning of the next beginning, as all endings become just more beginnings. Progress is all there is for me. Perfection is all there is for me. Progress, perfection, do not require that much effort. They are who I am.

Failure is no more. Deciding to risk failure is winning. The badge of courage is mine. It is deeply personal, depends on no one else, and brings my whole being peace and challenge. Homeostasis at its best. Stay the same and change with the conditions of the new moment. Each of my genes and cells has thousands, millions, billions of years' experience with this process. All I need to do, to maximize that potential, is to be my best each moment. To go the extra mile for the team is not so hard either. The rewards, long term, are exquisite and vast.

I absorb. I commit. I re-affirm commitment. Disappointments, setbacks, rejections are learning moments. I absorb. I re-commit. My brain remains committed until I give up. A commitment, to my body and being, is a commitment until I renege on the commitment. All I must do in difficult moments is re-affirm my commitment.

I am the language of equality. Equality is a faith that moves the universe, in unity, and with new insights. I am new growth always, and everywhere.

I am the language of my success instinct. I am success. I am designed for success. I determine what that success is. Free choice is a mighty freedom and awesome potential.

I am the language of my genes, myself, my tissues, my organs, my body as a whole, and my body as one brain working towards health, balance, and homeostasis. I am the language of my soul. I am the language of my spirit. I remain the same, while constantly adjusting to new circumstances. For the long-term success of the human race and the universe.

I am the language of my past as infinite wisdom.

I am the language of possibilities, options, choices.

I am the language of who I am.

I am the language of inclusion, in its infinite potential for finding commonality, consilience, and unity.

I am the language of commonality.

I am the language of consilience.

I am the language of unity in our infinite diversity.

I am the language of patterns and relationships.

I am the language of homeostasis in my body. I am the language of balance in my being. I am the language of balance in my doing. I am resistance to change. I am constant change. I am nothing but change. All that is reality for me, is constant change in this present moment.

I am the language of consensus. I am the language of group conscience. I am the language of consilience. I strive for unanimity in my mutual and enjoyable relationships. My relationships with me and all others. I am unanimity. I am group conscience.

I am the language of my honest lifestyle.

Forgiveness is my faith in infinite potential, options, choices.

I allow the impossible. I see the unseen. I give the human race one more day at the end of time.

I am accountability.

I come home to me no matter what. That is my life. That is my love.

I expand and study the next thousand options I find.

Guilt, shame, and doubt are momentary, and are my necessary survival skills. They are not who I am. All my sensations, feelings, and emotions are momentary and necessary. They are not who I am.

I am accuracy.

I am adventure.

I am always at peace in a group of people because I am surrounded by my self.

I am a success seeking missile.

I am a desire to succeed. I am a passion to succeed. Anything less increases the likelihood of something short of success. Something short of health. Something short of balance in my being and doing. Something short of the homeostasis needs of each gene and cell.

I am commitment. I am decision. I am action. I re-affirm decision. I re-affirm decision. I re-affirm decision. My brain likes it there and stays there. My brain is designed for success if I let it do its thing. Doubt comes. I immediately re-affirm decision, and doubts gone. Fear comes. I give it no more attention than is justified right now. I am vigilant. I re-affirm

decision.

I am a conduit. That is who I am.

I am compassion.

I am competition.

I am belonging. I am love.

I am business communication.

I am business writing.

I am capable.

I am creative non-conformity, with the best for the most in mind. For the least especially, and for the least.

I am consistency. I am dependability. I am predictability. Constantly in search of improvements. Right now. Right here. For the rest of my life, in every area of my life.

I am competition. I am collaboration. I am creative thinking.

I am constant change. I am conflict. I am resolution.

I am the seasons of the year. I am the life cycle of each of us.

Conflict. Resolution. Growth. Contentment. My arrival is just preparation for the new growth. Life at its best. Homeostasis at its best. Balance at its best. My success is the juncture where new paths emerge, and it all begins again. Each moment, but there is only one moment. Right now. Right here.

In this present moment my life begins as it is ending. My only life is in this present moment. What a simple task my life is. Just give my best to this present moment. Based on the lessons of the past. And the current tasks of my dreams, aspirations, goals for the future. The future is now.

I am critical thinking.

I am confidence.

I am culture.

I am composure.

I am cultural understanding.

I am grit.

I am improvisation.

I am harmony but it is only my harmony. I cannot recognize my

harmony, and create my music, if I am given over to the music of others. My harmony will seem not right.

I am unpopularity mostly. A commitment to always give my best is regularly annoying to many and a challenge to the rest. Popularity is never popular for long. All popular was totally unknown, and not popular. As something becomes popular, I learn from it, and move into the unpopular again and again. Any popularity becomes ignored as it is moved beyond. I prefer my legacy to be one of saving lives, rather than popularity. I want it said only that I loved each person, unconditionally, no matter what.

I am initiative.

I am global.

I am fun.

I am joy.

I am learning.

I am negotiation. I am new ideas.

I am life. Change is life. Learning is life. Growth is life. I am balance. I am homeostasis. Dysfunction of me brings death. Dysfunction brings my creation. Stagnation brings me death. Stagnation brings me life anew. Rot brings about the best new life.

I am the language of balance. Failure no more. Dysfunction no more. Disease no more. I am balance. My body is balance. My spirit is balance. My soul is balance. My mind is balance. My brain is balance. I am one balance. I am one. I am learning. I am growth. I am change.

I am the language of my evolutionary instinct. I am the result of thousands, millions, and maybe billions of years of growth, learning, and change.

I am the language of my open-minded lifestyle.

I am the language of improving in small ways each moment, each day, each week, each month, each year. Each decade. A lifetime and beyond. I am perfection in progress.

I am the language of understanding. Especially for the person who seems most different from me.

I am the language of my best for the most, of the least.

I am the language of my willing lifestyle.

I am the language of my intuitions, of the unknown, and the unknowable.

I am the language of maximum service. My best for the most, for the least. And especially for the least of the least.

I am the language of positive responses. No matter what the stimuli.

I am the language of my survival instinct.

The following section takes you through an exercise I have done with most of the principles mentioned in this book.

I go through 6 principles. Honesty, Open-mindedness, Willingness, Faith, Hope, Love. My lifetime study of traditions, belief systems and religions, brings me to affirming the presence, study, and practice, of these principles in any healthy relationship. No matter what the primary purpose, or goals, of the relationship.

Finally, I provide the series of statements applied in each of the six principles, with a blank space, for you to do the same for any of the other principles in this book, or not in this book.

Honesty is who I am, what I am, where I am, when I am, and why I am.

My principal positive is Honesty.

My Honesty is universal in its unity.

Honesty is my love. My Honesty is loving and caring. I am unconditional Love.

I choose to be Honesty, in this present moment. I am Honesty.

Honesty is my hobby.

My wants are Honesty.

My process is Honesty.

Honesty determines my needs.

Honesty is my evolution instinct.

Right now, right here, this present moment, is Honesty.

My actions, and the results, are Honesty.

Honesty helps me feel my emotions.

Honesty is my way of life.

My needs are Honesty.

Honesty helps me understand my feelings.

My goals are Honesty.

Honesty is my salvation.

Honesty helps me identify and describe my emotions and feelings.

My actions are Honesty.

Honesty helps me process my emotions, and feelings.

My interest is Honesty.

Honesty helps me learn from the past.

My thoughts are Honesty.

Honesty is my success instinct.

Honesty is my survival instinct.

Honesty helps me accept my feelings.

Honesty is my path.

Honesty is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.

My fixation is Honesty.

Honesty is my balance. In my being. In my doing. In this present moment.

Honesty guides my thoughts.

Honesty helps me choose my emotions.

Honesty helps me describe the past.

Honesty determines my wants.

Honesty helps me regulate my emotions.

Honesty is my strategy.

Honesty is my preoccupation.

Honesty is my positive obsession.

Honesty is my inexhaustible self-discovery process.

Open-mindedness is who I am, what I am, where I am, when I am, and why I am.

My principal positive is Open-mindedness.

My Open-mindedness is universal in its unity.

Open-mindedness is my Love. My Open-mindedness is loving and caring. I am unconditional Love.

I choose to be Open-mindedness, in this present moment. I am Open-mindedness.

Open-mindedness is my hobby.

My wants are Open-mindedness.

My process is Open-mindedness.

Open-mindedness determines my needs.

Open-mindedness is my evolution instinct.

Right now, right here, this present moment, is Open-mindedness.

My actions, and the results, are Open-mindedness.

Open-mindedness helps me feel my emotions.

Open-mindedness is my way of life.

My needs are Open-mindedness.

Open-mindedness helps me understand my feelings.

My goals are Open-mindedness.

Open-mindedness is my salvation.

Open-mindedness helps me identify and describe my emotions and feelings.

My actions are Open-mindedness.

Open-mindedness helps me process my emotions, and feelings.

My interest is Open-mindedness.

Open-mindedness helps me learn from the past.

My thoughts are Open-mindedness.

Open-mindedness is my success instinct.

Open-mindedness is my survival instinct.

Open-mindedness helps me accept my feelings.

Open-mindedness is my path.

Open-mindedness is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.

My fixation is Open-mindedness.

Open-mindedness is my balance. In my being. In my doing. In this present moment.

Open-mindedness guides my thoughts.

Open-mindedness helps me choose my emotions.

Open-mindedness helps me describe the past.

Open-mindedness determines my wants.

Open-mindedness helps me regulate my emotions.

Open-mindedness is my strategy.

Open-mindedness is my preoccupation.

Open-mindedness is my positive obsession.

Open-mindedness is my inexhaustible self-discovery process.

Willingness is who I am, what I am, where I am, when I am, and why I am.

My principal positive is Willingness.

My Willingness is universal in its unity.

Willingness is my Love. My Willingness is loving and caring. I am unconditional Love.

I choose to be Willingness, in this present moment. I am Willingness.

Willingness is my hobby.

My wants are Willingness.

My process is Willingness.

Willingness determines my needs.

Willingness is my evolution instinct.

Right now, right here, this present moment, is Willingness.

My actions, and the results, are Willingness.

Willingness helps me feel my emotions.

Willingness is my way of life.

My needs are Willingness.

Willingness helps me understand my feelings.

My goals are Willingness.

Willingness is my salvation.

Willingness helps me identify and describe my emotions and feelings.

Willingness helps me process my emotions, and feelings.

My interest is Willingness.

Willingness helps me learn from the past.

My thoughts are Willingness.

Willingness is my success instinct.

Willingness is my survival instinct.

Willingness helps me accept my feelings.

Willingness is my path.

Willingness is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.

My fixation is Willingness.

Willingness is my balance. In my being. In my doing. In this present moment.

Willingness guides my thoughts.

Willingness helps me choose my emotions.

Willingness helps me describe the past.

Willingness determines my wants.

Willingness helps me regulate my emotions.

Willingness is my strategy.

Willingness is my preoccupation.

Willingness is my positive obsession.

Willingness is my inexhaustible self-discovery process.

Faith is who I am, what I am, where I am, when I am, and why I am.

My principal positive is Faith.

My Faith is universal in its unity.

Faith is my Love. My Faith is loving and caring. I am unconditional Love.

I choose to be Faith, in this present moment. I am Faith.

Faith is my hobby.

My wants are Faith.

My process is Faith.

Faith determines my needs.

Faith is my evolution instinct.

Right now, right here, this present moment, is Faith.

My actions, and the results, are Faith.

Faith helps me feel my emotions.

Faith is my way of life.

My needs are Faith.

Faith helps me understand my feelings.

My goals are Faith.

Faith is my salvation.

Faith helps me identify and describe my emotions and feelings.

My actions are Faith.

Faith helps me process my emotions, and feelings.

My interest is Faith.

Faith helps me learn from the past.

My thoughts are Faith.

Faith is my success instinct.

Faith is my survival instinct.

Faith helps me accept my feelings.

Faith is my path.

Faith is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.

My fixation is Faith.

Faith is my balance. In my being. In my doing. In this present moment.

Faith guides my thoughts.

Faith helps me choose my emotions.

Faith helps me describe the past.

Faith determines my wants.

Faith helps me regulate my emotions.

Faith is my strategy.

Faith is my preoccupation.

Faith is my positive obsession.

Faith is my inexhaustible self-discovery process.

Hope is who I am, what I am, where I am, when I am, and why I am.

My principal positive is Hope.

My Hope is universal in its unity.

Hope is my Love. My Hope is loving and caring. I am unconditional Love.

I choose to be Hope, in this present moment. I am Hope.

Hope is my hobby.

My wants are Hope.

My process is Hope.

Hope determines my needs.

Hope is my evolution instinct.

Right now, right here, this present moment, is Hope.

My actions, and the results, are Hope.

Hope helps me feel my emotions.

Hope is my way of life.

My needs are Hope.

Hope helps me understand my feelings.

My goals are Hope.

Hope is my salvation.

Hope helps me identify and describe my emotions and feelings.

My actions are Hope.

Hope helps me process my emotions, and feelings.

My interest is Hope.

Hope helps me learn from the past.

My thoughts are Hope.

Hope is my success instinct.

Hope is my survival instinct.

Hope helps me accept my feelings.

Hope is my path.

Hope is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.

My fixation is Hope.

Hope is my balance. In my being. In my doing. In this present moment.

Hope guides my thoughts.

Hope helps me choose my emotions.

Hope helps me describe the past.

Hope determines my wants.

Hope helps me regulate my emotions.

Hope is my strategy.

Hope is my preoccupation.

Hope is my positive obsession.

Hope is my inexhaustible self-discovery process.

Love is who I am, what I am, where I am, when I am, and why I am.

My principal positive is Love.

My Love is universal in its unity.

Love is my Love. My Love is loving and caring. I am unconditional Love.

I choose to be Love, in this present moment. I am Love.

Love is my hobby.

My wants are Love.

My process is Love.

Love determines my needs.

Love is my evolution instinct.

Right now, right here, this present moment, is Love.

My actions, and the results, are Love.

Love helps me feel my emotions.

Love is my way of life.

My needs are Love.

Love helps me understand my feelings.

My goals are Love.

Love is my salvation.

Love helps me identify and describe my emotions and feelings.

My actions are Love.

Love helps me process my emotions, and feelings.

My interest is Love.

Love helps me learn from the past.

My thoughts are Love.

Love is my success instinct.

Love is my survival instinct.

Love helps me accept my feelings.

Love is my path.

Love is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.

My fixation is Love.

Love is my balance. In my being. In my doing. In this present moment.

Love guides my thoughts.

Love helps me choose my emotions.

Love helps me describe the past.

Love determines my wants.

Love helps me regulate my emotions.

Love is my strategy.

Love is my preoccupation.

Love is my positive obsession.

Love is my inexhaustible self-discovery process.

I am public speaking.

I am verbal communication.

I am laughter.

I am quantitative analysis.

I am outstanding. The most successful have survived and flourished for millions and billions of years. The rest fade away in mediocrity, dysfunction, stagnation, and disease.

I am passion. I am prudence. I am inclusiveness.

I am results.

I am safety. I am unity. I am wisdom.

I am salesmanship.

I am self-awareness.

I am rationality. I am irrationality. All in-between. I am mutually inclusive. I am resolution.

I am safety.

I am recovery. I am discovery.

I am relentless.

I am research. I am analysis.

I am results.

I am personality development.

I am safety.

I am expectation.

I am professionalism and my work ethic serves my community, family, and friends well. In all areas of my life.

I am physical freedom.

I am the path that does not exist. The most profound success always, for me, takes longer and goes the extra mile. Tedious and nauseous. Shortcuts can be found after the first success. Attention to every detail the first time anywhere. Despair to joy. Discouragement is the fuel for my passionate creativity. Intuition is all the humans before me cheering me on.

I am the solution.

I am the solution in the problem.

I am the success of humankind among all I share this planet with. Success for us all is success for me.

I am the winner's edge of unconditional love.

I am the wonder, the magic, and the ecstasy of achievement.

I am the universe improving itself for long term success. Survival first. The best for the most. All is connected. Positive principles are never in conflict. I am success. I am the solution.

I am the love of the universe made flesh.

I was born. These words were. They became incarnate in me. I am these words. They are my unity with you.

I am unity in my diversity. I am the diversity of the known, unknown, and unknowable. I embrace me being me. I let me be me. I let life be life at its best. I am willing to be the alpha and the omega for those who depend on me. Your success is my success. I pay it forward. I am service with a smile.

I am willing to seek help and receive help. I will give help to anyone, anytime, anywhere, as I can. I am equal to all. I deserve all. I make that message clear from my actions. I deserve you. I seek advice everywhere. All are my equal. None are my inferior or superior. Even if they are my superior technically or otherwise.

I am time management.

I breathe in faith. I exhale love. My heart beats joy. My lifestyle is courage. My brain is enthusiasm.

I am the dance. I am the music. I am the rhythm.

I choose only positive responses. Unconditionally. No matter what. I invest in options and choices unlimited.

I arrive right now, right here, with courage, care, and assurance that we are going somewhere great. I do it for those who want to join us. Parents we are. Parents all of us, always, and everywhere. The parents of our most passionate and tender dreams.

I create a solution where there is none in all areas of my life. Then I go looking for more creative challenges. It is how billions of years pass successfully and life continues.

I dare to learn no matter what. I dare to grow no matter what. I dare to constantly change no matter what. My change is all that is constant. I am the direction of my change, the purpose, the process, and the result of my change. I am constant change.

I dive to where breathing is impossible. I keep going until my life form changes to meet the moment.

I develop an intention. I announce it. Just do it! With passion. I

succeed no matter what.

I have not died from an emotion expressed safely in safety.

I have the courage to be accountable no matter what. My being accountable, and taking responsibility, is an essential evolutionary urge from the universe.

I sustain high self-esteem through what I put on the calendar. I fill the 168 hours of each week, on the calendar, written down, with what will, I know, bring my best to each moment. I just do it! My life is self-motivated by that schedule. I am a self-inspiring lifestyle by my own actions. My lifestyle is self-motivating just by doing what is on my calendar. Funny thing is I always find more time to add more of what I want to do.

I transcend all that is and all that is known. I am infinite dimensions. Most dimensions I am, I will not know or be aware of, but affirm by staying in my love. Staying in my love is how I manage all that is me I cannot sense, know, express or act on. Some say that is 95% of what goes on in my body, mind, spirit, soul, my being and my doing each moment. Staying in my love brings it to the moment in a degree of focus no words or theory can describe or measure. Someday maybe or maybe not.

My faith is inventing possibilities where none exist.

My faith leads to commitment.

My genius is creating stunning quilts to warm the world. From scraps thrown away.

My negative is positive potential and infinite possibilities.

Endurance is my ultimate.

I am anonymous in my equality.

My rage is unfocused love. So much unfocused love.

My errors are no more. Just manageable risks and lessons learned. A life without guilt, shame, remorse except to excite creativity.

I am changed by my dreams, my options, and my choices.

Every cell of my body, every aspect of my being, has a lineage millions, and billions, of years old. I advance the wisdom of that. That wisdom are the signals, to my brain, from my subconscious, preconscious, and the unknowable unknown.

Ego, selfish, selfless, self-centered, are important aspects of all my mutual and enjoyable relationships. The centered and balanced self. Ego is necessary. Id is necessary. Super ego is necessary. Healthy self-centeredness is important. Healthy selfish balance and boundaries are important.

My homeostasis is selfish.

My selfishness and selflessness are not mutually exclusive.

I am detail oriented. There are only details in this present moment.

Each moment I practice the skill of turning every negative assumption into positive options and choices. I suppose positively.

I am delayed gratification.

I am excellence.

I am inspiration. I am preparation. I am saturation. I am success.

Each of my relationships, no matter what the primary purpose of it, is just a friendship with varying boundaries.

I am healthy thoughts, loving emotions, powerful motivations. I am my philosophy. I am healthy fear. I am faith in the process. I am creative planning. I am constructive planning. I am productivity.

I am integrity.

Friendship with all is my language. I am hope.

Honesty. Open-mindedness. Willingness. Love. Faith. Hope. The essence of me. The essence of my success. The essence

of my success. The essence of my creative process. The essence of my health, homeostasis, and balance.

I am free to go anywhere from right now, right here.

I am most deeply grateful when life is too much. Tragedy is triumph.

I am, for someone, a miracle. Whether I believe in miracles or not.

Faith. Commitment, Belief, Devotion. They are my lifestyle of service. Leading me, encouraging me, and empowering me.

I am freedom.

I am success and I am designed for success. My genes, my cells, my feet, my heart, my ears are designed to succeed.

Transitions are just a series of options, choices, lessons to be learned if I am willing.

Stress, struggle, scars, burns, betrayal, sorrow, illness, grief, depression are just a series of options, choices, lessons to be learned if I am willing. They are life constantly changing because life is constant change.

I am my learning process. I am my change process. To constantly change is the way I am designed genetically. In every way biologically, I am constant change. I resist positive

change and I deteriorate.

Too much resistance to all that is real, and constant change is all that is real, results in slow, but sure, break down in my body. Dysfunction, disease, and death follow, slow but sure. They break down my body. My body is designed only for success, life at its best, and life on its terms. Survival is my least, for the most, at a high cost to all of us.

I am grateful. I am motivated. I am trusting. I am inspired.

I am putting one foot confidently in front of the other. I have goals big enough for the rest of my life and beyond.

I am success confident.

I am course secure.

Negative thoughts are banned from my land. I am encouragement only. I am visualizing success moment to moment. I will finish strong at the moment of death and beyond.

I am social.

I am inclusion.

I am the best for the most for the least. I am the body language of love. I am the nonverbal communication of unconditional love.

I am the change process. I am the result of change. Every worthwhile anything started with the ideas and actions of one person. Why not me?

I am the flag of my best. The biggest and finest flag no one can miss. Everyone can be inspired, encouraged, and affirmed by. I am vision.

I am wonder. I am the child of wonder. I am the adult, free in endless choices, and options. The parent affirming the wonder of a child being a wonder filled child. I am the power of belief in the unseen. The unsaid. The unknowable. I suspend judgement in honesty, open-mindedness, willingness, flexibility, and love. I am the joy of the child I will always be.

I am trust. I am acting trustworthy. I trust me. I trust you.

I build up my emotional reserves. I bite the bullet with a smile. I seize the moment. I leap into the breach. I suck it up. I cross the impossible. I just do it! I endure with fortitude. I am magnitude. I am mighty intention. I am latitude. I am longitude.

I care about what happens to the human race. I care what happens to my heart. I care what happens to the planet earth. I care what happens to my lungs. I care about the health, happiness, and homeostasis of my lungs. I care about the genes in my cells. I care about in my tissue and my organs. I care about my body. I care about my mind. I care about my brain. I care about my soul. I care about my spirit. I am one. We are one. I am me. I am caring. Caring is my success. Health, balance in my being and doing, homeostasis in my body, soul, spirit are my success. I care. I am unconditional love. It is my life force. That is my personal human race.

I create, among the thousands possible, at least 5 options before choosing. Two worst at least. Two best. One in the middle. Wait a bit. If none good enough, do nothing until enough high-quality options are in front of me. Do not act until the best for the most option appears. And the most efficient option. It will if I can see it. That is how every part of me has succeeded in the millions and billions of years since the first.

I could not survive long without options and choices. What a mighty power my brain is. It is my freedom to create infinite options and choices. I clarify goals. I establish them in my being and in my doing. I fill my conscious, subconscious, and preconscious, with their possible manifestations.

Why? So my being will recognize an opportunity I need minutes for it arrives. With discipline and determination. I am success expected. My trillions of sensors tell me who, what, when, where. I return the favor with a why. My whole brain, spirit, mind, soul, and body brain. My whole. We are one. I am all that as one. Not separate parts. I am me, my umwalt, and I.

I have learned to utilize the resources around me, independently.

I improve the recipe because that is the nature of my being and doing.

I imagine success.

I keep coming back. I keep showing up. In all my affairs.

I learn a skill and I practice it. I add another skill, maintaining the last as well. I add another skill, practice it, maintaining the last two, and on to it I add millions more, one at a time, while maintaining all that came before. I am skill. I am practice.

I involve all my body and being in creative decision making. I affirm every bit of me in the process. I settle for nothing less than my glorious best.

I invent solutions to challenges no one else sees. Every solution idea started with one person somewhere in a present moment.

No habit or idea is useful forever as it is. I improve, redeem it or move on. Nothing is sacred, as it is, forever.

I innovate each moment. I invent new ideas. I invent new possibilities.

I preempt the negatives. I upstage the negative. Power in the world is constantly changing and moving here and there. Same in all areas of my life. Through the details of one moment at a time. I preempt the negative by soaring high above to the bigger picture. To the principles that keep me positive and creative no matter what.

I prepare to endure the pains of life for the benefit of those I love. It is the life urge of unconditional love that sustains and creates life, especially at the moments that seem most threatening to a sense of self, and purpose. It is at one time the freedom of loving unconditionally, and the responsibility of loving unconditionally. At once the fear of loving unconditionally, and the faith that comes from loving

unconditionally. Whether I am loved unconditionally in this moment or not. I love me, unconditionally, no matter what. So, I am always being loved unconditionally.

I nurture everyone's best in the moment. Everyone wins at the highest level each can bring to the moment.

I read success.

I rise above and live in the big picture of the eternity past, and future infinity possibilities, right now, and right here.

I talk. I listen. I talk. I listen. I talk. I listen. It is who I am. How I am designed.

I trust the sources I do not see, but my body and being knows well, where I live, and have my being.

It is not pain unless I call it pain. Positive thought, after positive thought, after positive thought, overcomes the fear of being hurt.

In success I am often quite embarrassed. That is good and healthy. And I get scared. I am moving, it seems, from the crowd. I am not. I am more confidently moving into the soul and spirit of the crowd. I am there leading the way. Leadership is love. It is the height of being the social creature I am. It is my staying power. I am never alone.

I mentor first. I receive second. I mentor first. I receive second. That is the life force. It is the most profitable investment

strategy every invented. I mentor first. I receive second. I get what I need by giving it away. I keep what I have by giving it away. Mentoring makes my learning deeper and more permanent. The returns are always exponential. I am unconditional love. It is a reserve that is sustained by paying it forward. And a reserve that grows and grows by paying it forward. Just let it do its thing. Refusing to pay it forward is like not exhaling. Not receiving it is like not breathing in.

I am integrity. I show up, perform, be noticed and I risk being counted. I embrace conflict. I imagine change, create change, lead the change. I am the change I want to see. I am the change I want to see in you. Your success is my success.

My best Right now. Right here. That is my pinnacle and essence. It never happens in any moment past because every past moment is dead. It never happens in any future moment because every future moment is just potential awaiting birth. Right now, right here, is all that has ever been real, or will ever be real. I spend my life learning to make better use of this tiny point in time. That is where all that happens, happens. It is the beginning of my life as it is ending every moment.

My present moment is filled with what I need to do this moment to accomplish each goal.

Knowing something is not working or just does not feel right is for me to know the solution. I am the solution. The challenge is the solution. The same side of a coin. Just a different focus on the same information and scene.

My body is my brain. My brain is my body. I have one body brain. My brain is part of one me. Moment to moment there is no starting or ending point where my body starts, and my brain

ends. I am one process being and doing by best in the present moment. I am not my body or my brain. I am part of the known and unknown universe. I am constantly one. Right now. Right here.

My words affirm that the only constant in my body and my being is constant change. No matter what I am always changing. I direct the change or any change will do. I am the language of constant change.

It is as if I am one drop in the ocean of all that is known, unknown and unknowable. All is one ocean. My life is a salmon breaking the surface and causing ripples. It seems too amazing that all I do or be causes all to change. It is true. Every time I go swimming at the gym, the experience depends on how many people are in the pool. Just me sometimes and I watch the effect of me. Each added person changes the experience. I know my everything matters to all the universes.

My faith is a sense of humor about my self. At my own expense.

My faith is reality.

My thoughts are roads and highways. I constantly explore. Always more roads and paths coming. To places not yet known or knowable.

Steady. Steady. Steady. Steady. Steady. I am steady.

Stress is part of life. Healthy stress. Constructive Stress. Goodwill stress. Positive stress. I manage my stress by

practice of the principles, one moment at a time.

Success is my positive obsession.

Success, for me, is a set of skills that involves every cell of my body, all my trillions of sensory nerves, what I eat, what I think, and all the mega-trillions of other sensory experiences just one moment of my life is. Just in my body. That's a lot to process. All happening at once.

The more I am free to just experience what our ancient heritage is telling me about the potentials of the present moment, the more successful I will be in all areas of life.

Success comes to me most naturally as I learn to handle increasing uncertainty with joyful creativity and a desire to discover what is best for the most. No matter what, and against all the odds life brings.

The luckiest are the most prepared to make the best of right where they are with no more than what they have. The most lucky are not lucky at all. They are following their instincts, intuitions and going here, there, and everywhere. Opportunities are everywhere but only visible to those who recognize opportunity, when they see it, or feel it. I am luck. I am prepared. I have always been success.

The principles are my salvation.

Your challenge is my inspiration. Your dysfunction is my potential for good.

Who I am impressed by, attracted to, as part of my success, tells me who I am, and what my values are. And what my conscious, subconscious and preconscious goals are.

I entertain. I amuse. I inspire. I uplift. I educate. I motivate. I challenge. I am me.

Faith allows me to imagine breakthroughs no matter what in any moment. Hope is my invincible surmise. Love is the life force. The creative power of the known, unknown, unknowable universe.

Faith, hope, love, and trust are as real as my favorite food. And more nourishing.

I am faith. I am commitment. I am personal change. Results. Over time I change enough to change the trajectory on my life. And the life of countless others.

I am greater achievements for the best for the most. I am greater successes for the best for the most. Just by being and doing the positive principles I am. Right now. Right here.

I adapt to the unfamiliar. I seek the unfamiliar. I embrace the unfamiliar. The success of humanity depends on me doing my part. I am the unfamiliar.

First, I identify, and remove, all fluff from each moment. Life is too short. This present moment is the entirety of my life.

My health is normal. My health is balance. My health is happiness. My health is love. My health is homeostasis. I am health.

I act in successful ways in all areas of my life. Each moment. Right now. Right here. Just be me. I am success. Just be me and give my best to this moment. That is all I am asked to do ever in my life.

I am autonomy.

I am collaborative success.

I am commitment.

I am faith. I am trust. I am creation. I am improvisation.

I am fortitude. I am temperance. I am prudence. I am justice. I am longevity, I am mastery.

I am busy making the present moment better. Now is the future passing. The past, present, and future are pure potential as I give my best right now. Right here. Without reservation. Without condition. With unconditional love. This moment is unconditional love.

I am suspect.

I am the ability to adapt. I am adaptability. I am teamwork.

I am the bridge of understanding among all opinions, beliefs, and convictions.

I am the creation of my choices.

I am unflinching certainty, invincible intuitive awareness, driven to the destiny of a death where many folks can list ways in which I helped them succeed at life better. I helped them in specific ways. Not platitudes. No fluff.

My best, right now, right here, is the course of action the success of people as a whole demands that I take. First for the whole human race, then for the next generation, and then for me.

If it is not good for the whole human race, it is not good enough for me.

I applaud striving based on specific principles.

I amend each part of my life in positive ways. I set new goals large enough for the task. I establish new standards based on new principles in all my relationships.

I audition my talent and creativity always and everywhere until I am fully useful every moment. That process is not ended by my last breath. I nurture useful ideas that take generations to flesh out. To maximize their potential into new creations.

I arrive. I rest up. I continue the trip. Aircraft are most

successful when they are operating, being maintained well, and in the air.

I ask questions. I lead. I provoke progress. I ignore the status quo. I need answers. I leave no stone unturned in the field of infinite possibilities. I lovingly bring everyone along. Each in their own way and at their own speed.

I check. I re-check. I double check. I triple check. Survival precedes success. Success precedes survival. The gold medal of my life is that which I pass on when someone's life depends on it.

My faith is my pilot.

I dream the dreams of the creators. Whoever I believe they are. I dream the dreams of evolution. My faith passes the fitness test of all creation history. It must meet the highest expectation of success, unknowable and unseeable, but doable. I am creative evolution. I am the creator. I am the creation. The alpha and the omega of all that is good at my best.

I doubt my doubts. I update my beliefs daily. All that is, is changing. Tiny improvements made in good faith and goodwill take me to unimagined places over time. More often as I get better at tiny improvements, each moment I am really centered and on. Soon I am on for minutes and hours and nights and days. Even years.

I dream the dreams of God, and Buddha, and all the rest. Dreams, I think we are not, and cannot be. I turn all on its head. I bring it to my level and be them. Even though of

course I ain't them. I am better than that. I am who we are. I am who am. I will be who I will be. I have no beginning and I have no end. My genes and cells tell me that. Billions of years each. I have been part of many and will be part of many to come. Story checks out.

I forgive. I pardon. I save.

I feel success in all areas of my life.

I expand. Or I become expendable. I am expansion.

I go for it. I give it a try. The worst that can happen is success against all odds. I decide. I dare. I do. I am determination. I am dedication. I am diligence.

I go somewhere boldly, when the moment requires it, without plans or reservations.

I harvest my success. I market my success. If something works for me, it will work for thousands of others. Maybe millions. Maybe billions.

I hear success.

I have faith in all I meet, fellowship with all I meet, service with all I meet. I am unconditional.

I keep my eyes on the goal. The accomplishment of the goal is more important than the prize. Prizes leave no legacy and do

not save lives. Goals set, and goals accomplished, are an inspiration for the coming generations to have a better success with life, as it is, for them.

I am only what can be learned and passed from person to person and generation to generation.

I keep making daring decisions. I fill each moment with excitement. Life is that. I am that.

Genetically, and physically, and historically, since the first moment of our human existence.

I learn it. Teach it. Practice it. Improve it. Learn it. Teach it. Always get it into the public conversation as soon as possible. Humanity may depend on it.

I list all that is needed to accomplish a goal. Then add faith and imagination to commitment. A no matter what commitment. That is how the human race got here to this moment. It is now my responsibility to respond with my best to create a new best for humanity. That is a fine attitude to have. My response to this moment. The future of humans depends on me and my best.

I love just because.

I mend. I amend.

I practice all principles first in my mutual and enjoyable relationship with my self. I become the change I want to see in

someone else.

I plant seeds each day that are good for the moment, the day, the year, the decade and possibly eternity.

I open my mind constantly and consistently to increased options and choices for the next generation first, and then me.

I prepare for the worst, anticipate the best, in each moment.

I recycle the ruins. I waste nothing. I maximize potential.

I prepare to respond to the unbearable with a passion for unconditional love. Against all odds. No matter what. Always the best for the most. Especially at our most vulnerable and at moments where everyone would understand if we simply became self-destructive to avoid or ended our lives in despair. Those moments where I am most human. They will come. At my worst defines my best.

I think success.

I think. My thoughts, like my feelings, are not who I am.

In each moment I am refining my primary purpose. I stay nowhere longer than is best for the most. I maintain my identity, while evolving to meet the demands of the best, for the most, for the longest. That is how creatures from the sea learned to walk on land and fly in the air. Staying the same while changing for billions of years. I learn from the best. Survival and success are mutual and beneficial over billions of

years for us as humans being as well as all our fellow "creatures who came from the earth". "Human" comes from "humus" meaning "from the earth".

Success is not something I do once in a while. Success is my lifestyle. Success is love.

In my thoughts and words, I do not mistake the map for the territory. All my thoughts involve abstract realities. My abstract thoughts and the reality I describe are always more or less equally what I say they are, and not what I say they are. The philosopher Alfred North Whitehead refers to it as "misplaced concreteness". Nothing at any time is only what it seems to me to be. What I think it is. I am the humble language of "misplaced concreteness".

Intersections are everywhere in my life. Which direction will I choose? When do I walk and create a new path to a new place? Or nuance? Or new world entirely? I do it Right now. Right here.

It is impossible to give something important away. All things that are important, I have in abundance. Never a shortage. I am abundance.

It works but first it hurts. The better it works is often why it hurts so much. Sometimes it takes death to bring life. At times millions of deaths. The strangeness and wonder of life. I am the strangeness and wonder of life. I am self-acceptance.

Most diseases are just that. Dis-ease. Stress not turned to creation.

My life is growth. Without growth, my life is death. I am growth.

My best is humanly impossible right now. Everything possible was once impossible until someone imagined its possibility.

My commitment inspires personal change and results. My commitment is attractive.

My every moment is an exclamation point!

My faith is the process. The process is faithful to faith. It is my self- confidence.

My faith in the process I have created gives me hope in all moments.

My success begins with abhorring good enough. Good enough is only good enough where good enough is all that is allowed.

My success and my failure are mutually inclusive. Failure is no more.

Only qualifications. No disqualifications. I am qualifications. Success is my passion.

My best for the most in all areas of my life. For the least. At least. I am the least.

My definition of impossible, is possible.

The most potent force in my life, at this present moment, is a positive thought. My positive option presented. My positive choice made. My positive action taken. I am positivity.

I am the practice of positive values and principles in all areas of my life, right now, right here in this present moment.

My faith determines the next move when nothing is familiar.

I am trouble. I am blessing. I am committed.

I am victory. I honor the universe. It is creativity.

I come home to me and who I have always been. I stay home. Always. Everywhere.

I find a need and fill it. Old principles applied to new situations. New situations applied to old principles. Winners all. The best for the most for the least.

I give credit especially when it seems to me it is not earned. I do not know what I do not know.

I find a personal rhythm, and beat, using all of life's options and ideas. Contradiction. Religion. Art. Philosophy. Science.

I am paradox. I am ebb and flow. I am ambition. I am giving. I

am taking. I am juggling all the time. I retreat. I do nothing. I am aggressive.

I give to find out if I have it.

I fill someone else's cup.

I find what I have by giving it away.

I give my dreams enough energy to get it to the moon. Then to Mars and beyond.

I fish to catch.

I give each principle to receive it. I role model to folks how I would like to be treated.

I follow. I walk beside. I lead. I rise above. I go somewhere alone if faith leads me there. I am safe and unafraid.

I invent processes that unify the best for the most in each moment. I am invention.

I invest in seeds. I invest in soil. I invest in growth potential.

I just do it in all areas of my life.

I keep dreaming to keep growing.

I keep my mind constantly exploring. Always to improve the best for the most. Boredom no more. Failure does not exist.

I learn about something new, in a new topic area, each day. I learn wherever I am led.

I make the best decision I can in this moment, for this moment. I act at the best time. In the best way. That is progress. That is perfection. That is unconditional love. Perfection is progress.

I manage my emotions by choosing principles to live. My worry becomes hope.

I leave a footprint each moment for someone, to make the next person's walk easier, be free to go beyond, and do better, because of my footprint. I help each person be freer to be of service, to all mankind, right now. Right here.

I live each moment as if it is my last. All that remains after my death is the stories told and the lessons I learned and passed on as a happy warrior. What I learn and pass on, before I pass on, is all that is passed on after I pass on. My best ought to be profound enough to be relevant for at least three generations beyond me.

I love most the person who seems the most unlovable. That is my peace. I am peace.

I let the immeasurable wonder of my self unfold. With pride in who I am becoming, love surrounding me, and boundless hope

ahead of me.

I see success.

I role model success.

I project the outcome. I define the bottom line.

I reduce the negative. I exaggerate happily the positive. I aggravate the urge to succeed.

I redeem each word I think, read, write, speak, hear, or I get it out of my vocabulary. I prioritize. I re-prioritize as needed.

I provide insurance and loving assurance to the fearful and faithless.

I redeem it or move on with improved focus and language to fit.

My best in the present moment, where all has happened, is perfection. I am perfect. I am relentless. I am gentle. For a lifetime committed to perfection.

Like this morning's breakfast, this too shall pass. What is me stays. What is not me, goes.

My authenticity is humility.

Love is my homeostasis language. My balance language. My mental health language. They are one and the same. The needs of each of my genes is the same as the needs of my heart is the same as the needs of my relationships with my whole self. All my parts. All my relationships. With the human race and with the universe.

My faith in the best for the most gives me immortality. Our reputation lives long past our death in this form. Our name is forgotten. The lessons become new lessons. Nature succeeds.

My faith in the process, a commitment to the goal, imagination of the possibilities excites the impossible in my skills, options, choices. Whole new universes come into view. My process is self- motivating.

My success is my love.

My walk of love, hope, and faith, needs regular pauses to refresh.

My thoughts. My acts. My character. The stories I tell. My legacy. My timing is everything in all relationships.

The known, and unknown universe, and I, are co-creators of the future potentials, for all that follow.

The best of the last millions and billions of years brought me here. My best gives me millions and billions of years more. No matter who or what I become.

The best use of my strengths, weaknesses, and all of me for the benefit of the most. So, every person has a better opportunity to be who they are, and give their best, after me.

The best predictor of future success is lessons learned from the past in all areas of my life. The past is every moment before right now. Right here.

I am water for the thirsty.

I opt always for the best for the most alternative, no matter what.

The present moment moves so fast there is no time for fluff.

I pay the price of success. Sometimes ease. Sometimes comfort. Sometimes disease. Sometimes dysfunction. All steps of success. Failure no more. Only learning. But sometimes it really hurts first.

To be alive is to grow. All there is, is change. All else is death on the installment plan. Resistance to change through expanded choices and options for our children is personal suicide and less options for our children. The human race suffers. I live to grow, learn, change every moment of every day. That is my life. That is my purpose.

I learn. I change. I grow. No more dark clouds or silver linings. Only opportunities for me to keep learning, changing, growing.

I have the experience. I learn the lesson. I gain the wisdom. I

practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.

I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.

I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.

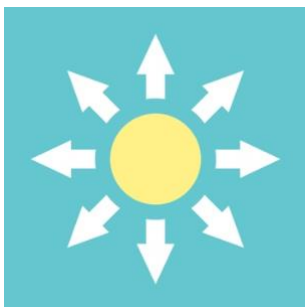
My perfection is my progress!

I love you! I thank you! I need you!



I am unstoppable

I am the universe I love.



Reality topics

Ability
Above and beyond
Absorbed
Accelerated
Acceptance
Accessibility
Accessible
Accomplishment
Accommodating
Accomplished
Accountability
Accountable
Accounted for
Accumulating
Accuracy
Accurate
Achieved
Achievement
Acquired
Acted
Action
Action oriented
Activated
Active
Activity
Adaptability
Adaptable
Adapted
Adaptive
Addressed
Adjusted
Administer
Admirable
Adorable
Advance
Adventure
Adventurous

Advise
Advocate
Affability
Affected
Affectioned
Affectionate
Affective
Affirmation
Affordable
Afraid
Aggravated
Agility
Agitated
Agony
Agreeable
Aided
Air and food
Airy
Alarmed
Alert
Alerted
Alertness
Algorithm
Alienated
Allocated
Alluring
Aloof
Altruism
Altruistic
Amazed
Amazing
Ambitious
Ambition
Amplified
Amused
Analytical
Analyzed
Ambition
Amplified

Amused
Analytical
Analyzed
Ambition
Androgynous
Angry
Anguished
Animosity
Annoyed
Anonymity
Answer
Answered
Anticipate
Anticipated
Anticipation
Antique
Amusement
Anxious
Apathetic
Applied
Appointed
Appraised
Appreciate
Appreciation
Appreciative
Apprehensive
Approachability
Approachable
Approved
Approving
Arbitrated
Ardent
Aroused
Arraigned
Arranged
Arrested
Articulate
Articulated
Ascertained

Ashamed
Aspired
Assembled
Assertive
Assertiveness
Assessed
Assigned
Assisted
Assumed responsibility
Assured
Astute
Athletic
Attained
Attention to detail
Attention-giving
Attentive
Attentiveness
Attracted
Audited
Austere
Authentic
Authored
Automated
Autonomous
Autonomy
Availability
Available
Aversion
Awarded
Awareness
Awed
Awesome
Bad
Baffled
Balance
Balanced
The change I want to be
The change I want to see
Beachy

Beat
Beauty
Beginning
Being the best
Belonging
Benevolent
Bereaved
Best
Bewildered
Billed
Blazed
Blissful
Boho
Bold
Boldness
Boosted
Bored
Botanical
Bought
Boundless
Brave
Bravery
Brief
Briefed
Bright
Brilliant
Brilliance
Broadened
Bubbly
Budget
Budgeted
Built
Burnt out
Calculated
Calm
Calmness
Campaigning
Candid
Candor

Capability
Capable
Captivating
Captured
Carefree
Careful
Carefulness
Caring
Carried out
Casual
Cataloged
Caused
Caution
Cautious
Celebration
Celebration of life
Centered
Centralized
Certainty
Challenging
Chagrined
Chair
Challenge
Championed
Change
Changed
Channeled
Chapter
Character
Characterful
Charismatic
Charitable
Charity
Charming
Charted
Checked
Cheerful
Cheery
Chic

Choice
Choices
Choose
Choosy
Citizenship
Clarified
Clarity
Classic
Classified
Clean
Cleanliness
Clear
Clear headed
Clear minded
Clever
Close-minded
Closed
Closeness
Codirected
Comanaged
Coached
Coastal
Coherent
Cold
Collaborated
Collaborative
Collected
Collective guidance
Colorful
Combined
Comfort
Comfortable
Comforting
Commanding
Commended
Commitment
Common sense
Communicating
Communication

Communion
Community
Companionship
Compared
Compassion
Compassionate
Compelling
Competence
Competency
Competent
Competition
Competitive
Compliant
Completely
Completed
Completion
Complex
Composed
Composure
Comprehensive
Computed
Conceived
Concentration
Conceptualized
Concern for others
Concerned
Condensed
Conducted
Conferred
Confidence
Confident
Confidential
Confidentiality
Conformity
Confused
Connection
Connected
Conscience
Conscientious

Conscientiousness
Consciousness
Conservative
Conserved
Considerate
Consideration
Considered
Consilience
Consistency
Consistent
Consolidated
Constant
Constructed
Consulted
Contacted
Contained
Contemplative
Contemporary
Contempt
Content
Content
Contentment
Continuity
Continuous improvement
Contracted
Contrarian
Contribution
Control
Controlled
Convenient
Converted
Convicted
Convection
Cool
Cooperation
Cooperative
Coordinated
Coordination
Cordiality

Corporate
Correct
Corrected
Correlated
Corresponded
Corroborated
Cosmopolitan
Counseled
Counted
Country
Courage
Courageous
Courteous
Courtesy
Couture
Cozy
Craftiness
Craftsmanship
Crafty
Cranky
Crave
Created
Creation
Creative
Creativity
Credibility
Credible
Critiqued
Crowned
Cultivated
Cultured
Cunning
Cured
Curiosity
Curious
Current
Customer focus
Customer satisfaction
Customer service

Customized
Custom
Cut
Cutting edge
Dainty
Daring
Darling
Dashing
Dazed
Dazzled
Dazzling
Dealt with
Debonair
Decency
Decided
Decisive
Decisiveness
Decorated
Decorous
Decorum
Decreased
Dedication
Deep
Define
Dejected
Delegated
Deliberate
Delicate
Delight
Delighted
Delightful
Delivered
Deluxe
Demonstrating
Democratic
Dependability
Dependable
Depleted
Depressed

Depth
Described
Designed
Desire
Despair
Despondent
Detached
Detail
Detailed
Detected
Determined
Determination
Devastated
Developed
Development
Devised
Devoted
Devotion
Devout
Diagnosed
Different
Differentiation
Dignified
Dignity
Diligence
Diligent
Diplomatic
Direct
Directed
Direction
Directness
Discerning
Discernment
Discipline
Disciplined
Discombobulated
Disconcerted
Discouraged
Discovered

Discovery
Discrete
Discretion
Discussed
Disgruntled
Dislike
Dismayed
Dispassionate
Dispatched
Dispensed
Displayed
Displeased
Disquiet
Disruptive
Dissected
Distant
Distinguished
Distracted
Distraught
Distressed
Distributed
Disturbed
Diversity
Documented
Doubled
Down to earth
Drafted
Dramatic
Dread
Dreading
Dreamy
Drive
Driven
Drove
Dutiful
Duty
Dynamic
Eager
Eagerness

Earned
Earthy
Ease
Ease of use
Easygoing
Eccentric
Eclectic
Economized
Economy
Ecstatic
Edgy
Edited
Educated
Education
Educational
Effected
Effective
Effectiveness
Efficacy
Efficiency
Efficient
Effortless
Elaborate
Elated
Elegance
Elegant
Elevated
Eloquent
Embarrassed
Eminent
Empathy
Emphasize
Employed
Empowered
Enabled
Enacted
Enchanted
Enchanting
Encouraged

Encouragement
Encouraging
End
Endearing
Ended
Endorsed
Endurance
Enduring
Energetic
Energized
Energy
Enforced
Engaged
Engagement
Engaging
Engineered
Engrossed
Enhanced
Enigmatic
Enjoyment
Enlarged
Enlisted
Enlivened
Empathy
Empower
Empowering
Enraged
Insured
Enterprising
Entertained
Entertainment
Enthralled
Enthusiastic
Enthused
Enthusiasm
Enthusiastic
Entrepreneur
Entrepreneurship
Environment

Equality
Equitable
Ethical
Exceeding expectations
Excellence
Excitement
Exciting
Exhilarating
Experience
Expertise
Exploration
Explore
Expressive
Extrovert
Exuberance
Fairness
Faith
Faithfulness
Family atmosphere
Famous
Fashion
Fast
Fearless
Ferocious
Fidelity
Fierce
Firm
Fitness
Flare
Flexibility
Fluency
Focus
Focus on future
Foresight
Formal
Fortitude
Freedom
Fresh
Fresh ideas

Friendly
Friendship
Frugality
Fun
Generosity
Genius
Giving
Global
Goodness
Goodwill
Gratitude
Great
Greatness
Growth
Guidance
Happiness
Hard work
Harmony
Health
Heart
Helpful
Hero
Heroism
Holiness
Honesty
Honor
Hope
Hopeful
Hospitality
Humble
Humility
Honor
Hygiene
Imagination
Independence
Individuality
Industry
Informal
Innovation

Innovative
Impact
Impartial
Improvement
Inquisitive
Insight
Insightful
Inspiration
Integrity
Intelligence
Intensity
International
Intuition
Intuitive
Invention
Investing
Investment
Inviting
Irreverence
Irreverent
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legal
Level-headed
Liberty
Listening
Lively
Local
Logic
Longevity
Love
Loyalty
Maximizing
Maturity
Mastery

Maximizing utilization

Meaning

Meekness

Mellow

Merit

Meticulous

Mindful

Moderation

Modesty

Motivation

Mystery

Neatness

Nerve

Obedience

Open

Open-minded

Openness

Optimism

Order

Organization

Original

Originality

Outrageous

Partnership

Passion

Patience

Patriotism

Peace

People

Perception

Perceptive

Perfection

Performance

Perseverance

Persistence

Personal development

Personal growth

Persuasive

Philanthropy

Play
Playfulness
Pleasantness
Poise
Polish
Popularity
Positive
Potency
Potential
Power
Powerful
Practical
Pragmatic
Precise
Precision
Prepared
Preservation
Pride
Privacy
Proactive
Proactively
Productivity
Profane
Professionalism
Profitability
Profits
Progress
Prosperity
Prudence
Punctuality
Purity
Pursue
Pursuit
Quality
Quality of work
Rational
Real
Realistic
Reason

Recognition
Recreation
Refined
Reflection
Relationships
Relaxation
Reliability
Reliable
Resilience
Resolute
Resolution
Resolve
Resourceful
Resourcefulness
Respect
Respect for others
Respect for the individual
Responsibility
Responsiveness
Rest
Restrained
Results
Results oriented
Reverence
Rigor
Risk
Risk taking
Rule of law
Sacrifice
Safety
Sanitary
Satisfaction
Security
Self-awareness
Self-motivation
Self-responsibility
Self-control
Self-directed
Self-reliance

Selfless
Sense of humor
Sensitivity
Serenity
Serious
Service
Shared prosperity
Sharing
Shrewd
Significance
Silence
Silliness
Sincerity
Simplicity
Skill
Skillfulness
Smart
Solitude
Speaking it into existence
Speed
Spirit
Spirituality
Spontaneous
Stability
Standardization
Status
Stealth
Stewardship
Strength
Structure
Success
Support
Surprise
Sustainability
Synergy
Sympathy
Systemization
Talent
Teamwork

Temperance
Thankful
Thinking it into existence
Thorough
Thoughtful
Timeliness
Timely
Tolerance
Tough
Toughness
Traditional
Training
Tranquility
Transparency
Trust
Trustworthy
Truth
Understanding
Unflappable
Unique
Uniqueness
Unity
Universal
Useful
Utility
Valor
Value
Value creation
Variety
Victorious
Victory
Vigor
Virtue
Vision
Vital
Vitality
Warmth
Watchful
Watchfulness

Wealth
Welcoming
Willfulness
Winning
Wisdom
Wonder
Work/life balance
Working it into existence
Worldwide
Writing it into existence



Situations where I need to practice more of my ethics, morals, principles, values, virtues, and beliefs.

Abusing others for enjoyment
 Action, failing to take
 Aloof
 Anger
 Antagonistic
 Anxiety
 Anxious, overly
 Apathetic
 Apologetic, overly
 Appearances, preoccupied or obsessed
 Argumentative
 Arrogance
 Avarice
 Avoiding confrontation
 Beating myself up
 Beauty, obsession, or preoccupation
 Bigotry
 Blaming others
 Blaming self
 Boastful
 Boundaries, not setting
 Busy body
 Cheating
 Choosing easy prey, gossip
 Choosing easy prey, physical
 Close mindedness
 Codependency
 Cold heartedness
 Communication, avoiding
 Communication, poor
 Companions, seeking corrupt
 Compassion, lack of
 Competitive, excessive
 Complaining
 Conceit
 Condemning

Confrontation, avoiding
Controlling
Controlling others
Cowardice
Critical
Crude
Deceptive, deceiving
Dependency, dependence
Dependent on parents
Destructive
Devious
Different, thinking I am
Disease, feeling responsible for
Disease, making excuses for
Disease, not accepting
Dishonesty
Dishonesty by omission
Disorganized
Egotistical
Envious
Exaggeration
Excess
Faith, lack of
Fanatical
Fantasizing
Favoritism
Fearful
Filthy mindedness
Financially dependent on others
Financially insecure
Following through, failing to
Frustration
Gluttony
Gossiping
Greed
Guilt, about sexual fantasies
Guilt, excessive feelings of
Guilt, feeling guilty for things beyond my control
Harsh

Hate
Hatred of others
Hatred of self
Health, irresponsibility with or neglect of
Help, refusing/not asking for
Hopelessness
Ignorance
Ill wishes toward others
Immodesty
Impatience
Impulsive purchaser
Inadequacy, sense of
Inconsiderate
Indecisive
Indecision
Indifferent
Injustice
Insecure in my sexuality
Insecure in my skin
Insecurity, financial
Insensitivity
Insincerity
Insincere
Intolerance
Inventory, taking others
Irresponsibility
Irresponsibility, financial
Irresponsible
Isolating
Jealousy judgment of others
Knowing it all
Laziness
Leering, crude or lewd
Lifestyles, not accepting others
Love and friendship, refusal to accept
Lustful
Lying
Making excuses
Manipulative

Measuring self against others
Meddling
Messy
Miserliness
Negative body image
Negative thinking
Negatives, focusing on or magnifying
Neglectful
Opinionated
Opinions, not respecting others
Overcompensating for projected wrongs
Overcompensating for weaknesses
Perfectionism
Pessimism
Physical appearance, obsession, preoccupation
Physical health, neglect of
Playing god
Playing god with self
Positives, not looking at
Possessive
Preachy
Prejudice
Pride, false
Pride, intellectual
Pride
Procrastination
Psychoanalysis of others
Reckless
Remorseful
Resentment
Revenge, vengefulness
Rude
Sarcastic
Secretive
Seeking attention
Seeking negative attention
Self-condemnation
Self-deprecating humor
Self-importance

Self-justification
Self-pity
Self-reliance
Self-seeking
Self-absorbed
Self-centeredness
Self-hatred
Self-indulgence
Self-loathing
Self, putting self on pedestal
Selfishness
Setting expectations
Sex, hidden
Sex, lack of appreciation for
Skeptical
Sloth
Stealing
Stepping on others to get to the top
Stewardship of assets, poor
Thoughtless
Thankless
Thrill seeking
Uncharitable
Uncleanness
Undependable
Undisciplined
Unfaithful
Ungrateful
Uniqueness, terminal
Unreliable
Untrustworthy
Valuing the opinion of a sick mind
Vengeful
Vulgar, immoral thinking
Wasteful
Worry

I am this moment. I am the lessons of each moment passed.
This moment is the pure potential of my future. This moment
is my vision. I am hope. This moment is my dream of
happiness.

