

The 20 Commandments (short version)

- 1 **I love myself**
- 2 **I live in the present**
- 3 **I eat and drink healthily**
- 4 **I exercise and relax**
- 5 **I maintain order**
- 6 **I am creative**
- 7 **I create clarity**
- 8 **I free my mind**
- 9 **I plan the next step**
- 10 **I collect experiences**
- 11 **I communicate positively**
- 12 **I am respectful**
- 13 **I inform others in advance**
- 14 **I am interested in others**
- 15 **I cultivate friendships**
- 16 **I help**
- 17 **I negotiate**
- 18 **I stay independent**
- 19 **I am patient**
- 20 **I enjoy the environment**