

## Standards

Your personal standards connect to your behavior and actions and point to who you are today, they are not a list of “should’s” that you should do. They guide the way you choose to behave. High standards improve the quality of your life. When you have high standards, you feel good about the efforts you make and the results you achieve.

Standards evolve over time. Choose standards that are right for you today based on what you know and desire. As your personal foundation becomes even stronger you tend to raise your standards naturally. Raising your standards improves the quality of life by increasing your ability to achieve what you want. The act of raising your standards sets a whole different game in motion.

Low personal standards cause dissatisfaction. When you set your standards too low—either consciously or unconsciously—they slow you down, you operate “below the line” emotionally, your self-esteem drops, and you question your self-worth in unproductive ways. Often you aren’t aware of this because you are so accustomed to living with this standard. As soon as you raise the standard, your speed begins to pick up, gliding you forward more effortlessly.

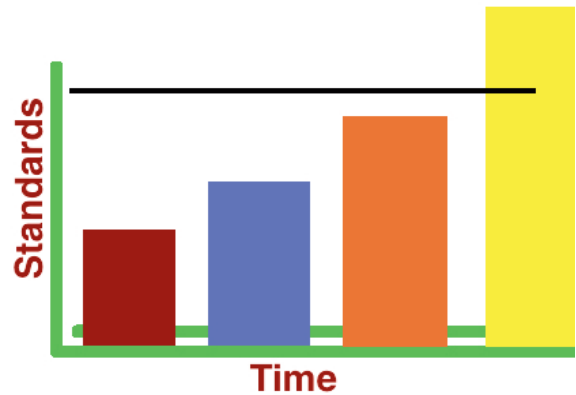
### Benefits of raising your standards

1. When you have high standards you feel very good about yourself and others, become attractive to high quality people and you don’t go near people or situations that cause problems.
2. Raise your self-esteem and self-worth. Living your life according to a set of standards you admire and respect is one of the fastest ways to improving your self-worth and self-esteem—and it’s the most sustainable.
3. As you attract more of what you do want, you attract less of what you don’t want— You tolerate less. Naturally.

When you hang out with others who have high standards, you will tend to raise yours accordingly. (Just like when hanging out with people of low standards, yours go down.) As you hang out with people whose standards you admire, they’ll come to enjoy your high level of attractiveness, too.

### Mistakes to avoid

Raising your standards too quickly and then failing to maintain them can be damaging. The key is to raise standards in a way that you succeed in sustaining them over time. Don’t push yourself into standards you are not ready to embrace. Declare your new standard when you see you are maintaining it well.



**General Direction**

Be kind and gentle to yourself when developing new habits, change can be difficult. It takes practice, so don't expect to get everything perfect the first time out. Since this is for **your** life, you have three options for each item.

1. When you become consistent with that item, check it off.
2. If an item does not fit what you need, rewrite it for your own purpose, check it off when consistent.
3. If you decide an item does not really matter to you, check it off because it's not a challenge for you.

**10 lifeChecks for Your Standards**

- I take very good care of myself
- I respect others and expect them to respect me
- I am financially responsible and pay bills on time
- I tell the truth even when there is a consequence
- I take responsibility for all my actions
- I don't take things personally
- I serve others and put people ahead of results
- I tolerate nothing
- I do the right things in the right way, high quality is important whenever I can get it
- I seek people who have and appreciate high standards

- I avoid addictive behaviors
- I maintain professional standards for my work

**Create your own LifeChecks:**

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Date Completed 10 LifeChecks: \_\_\_\_\_

Notes:

**Other standards to consider:**

- I seek to honor God in all that I do
- I am unconditionally constructive with everything I say or do with other people
- I live simply
- I am loyal to my friends and causes
- I trust people until they give me cause not to
- I don't waste time when something needs doing
- I learn from the past, plan for the future, and live for today

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