



## THE 8 DEMANDS

1. **Openness:** To state where you stand, don't stand your ground, be open with your thoughts and feelings.

2. **Acceptance:** To accept that other people can see you better than you can see yourself. If one person says you have a problem, have a look at it. If two people say you have a problem, have a good look at it. If three people say you have a problem, you have a problem.

3. **Reliability:** Be reliable with your thoughts and feelings. If you say you are going to do a certain thing, **DO** it. If you say you are not going to do it, **DON'T** do it.

4. **Consistency:** (harmony) If you start your day at 5 mph, you finish it at 5 mph. You don't start fast and run out of steam, you find a rhythm and stay tune to it.

5. **Thoroughness:** Do it completely. If you clean a room thoroughly, you start at the ceiling and work your way to the floor. You do not cut corners and you do it with great precision. No short cuts.

6. **Congruence:** What I say is what I do. Don't ask someone to clean the toilet if you are not prepared to clean one yourself.

7. **Respect:** In giving respect we receive respect. Respect has to be earned. It can't be demanded and it can't be bought. Respect one's self and others will respect you.

8. **Honesty:** Being honest with your thoughts and feelings. Honesty doesn't leave bits out of a story due to the fear of being judged. Also don't add bits on looking for acceptance. Just tell it the way it is.

**Take the I out of ACTION. ACT ON!**  
**I act on these demands 100% to my ability**