

Lisa Merlo-Booth

FINDING YOUR GPS GUIDING PRINCIPLES

1. ***Do no harm to others***
 - There is no excuse for abuse. Be safe to others.
 - It doesn't matter how hurt, tired or angry you are, you're off if you're causing harm.
2. ***Allow others to do no harm to you***
 - Have your back and stand up for yourself.
 - If you don't respect yourself, no one else will.
3. ***Say it straight***
 - Inherent in your silence is acceptance. If it's not acceptable, don't stay silent.
 - Respectfully speak your truth with compassion...but do SPEAK IT.
4. ***Be accountable***
 - Own your mistakes, apologize and repair when warranted.
 - Know that you have blind spots and have the humility to look at them.
5. ***Set limits and act on them -- do not just speak them***
 - Stop yelling, complaining, begging for change, making empty threats or silencing.
 - Get grounded, get calm and "cleanly" take action.
6. ***Treat humans humanely***
 - Remove contempt from your interactions or thoughts (of yourself or others).
 - Don't speak ill of others or yourself; address the behavior, don't judge the person.
7. ***Trust yourself***
 - Know what you know.
 - Do not look to others for answers you have within yourself.
8. ***Take ownership of your life***
 - You are 100% accountable for the life you create, the life you allow or the life you sabotage.
 - You determine how people treat you.
9. ***Be mindful***
 - Know who and how you want to be in this world and be deliberate in your implementation.
 - Pause. Think. Do.
10. ***Make no excuses for your poor behavior***
 - The poor behavior of others is not a green light for your own poor behavior.
 - You do what you do because YOU choose to, NOT because others "made" you.

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