

26 PRINCIPLES

A Disciplined Life®

SELF-PERCEPTION

- Accept only quality work from yourself
- Take responsibility for your actions
- Think critically and be inquisitive
- Demonstrate honesty and integrity
- Be a life-long learner
- Seek wisdom
- Be open-minded
- Love who you are
- Be generous
- Live a healthy lifestyle

RELATIONSHIPS

- Communicate effectively
- Challenge each other intellectually
- Be positive and supportive
- Solve conflicts peacefully
- Respect differences
- Show compassion
- Show gratitude

PRODUCTIVITY

- Demonstrate a strong work ethic
- Be punctual and prepared
- Demonstrate perseverance
- Use your time wisely
- Listen actively
- Take initiative
- Be organized
- Be reflective
- Be reliable

At Perspectives, we study the principles of **A Disciplined Life (ADL)**, which help all of us develop positive **self-perception**, healthy **relationships** and the tools for **productivity**

