

1. Mark's Commandments

2. I will love the Lord my God with all my heart, soul, spirit and mind
3. I will start each day with a grateful spirit
4. I only allow positive things in my senses
5. I do not judge anyone, I accept all
6. I will not argue
7. I will work to maintain a healthy body, spirit and mind each day
8. I will love my neighbor as myself, and do unto others as I would want done to me
9. I will strive to and commit to bringing the best version of myself to every part of my life
10. I will live each day with a servant's attitude
11. OQP – Only Quality People. I will surround myself with like-minded people
12. Impeccable with my words. I commit to speaking my truth and to follow through with my intentions
13. I will live Intentionally every day
14. I will not allow money to drive my intentions
15. I will spend time each day being mindful
16. I commit to doing my best, giving 100% to all I put my mind to