

Amendment Nine Bill of Rights

Any lasting change requires multiple approaches and reinforcement. We don't go the gym once and expect to get healthy. We go to the gym, eat better, check our weight, etc. At Amendment Nine, we remind ourselves of the following tips all the time. We read them again and again and again. While this list isn't exhaustive, we hope it helps start some ideas in your life.

1. **Value and be kind to yourself** because no one else will do it for you if you don't do it for yourself. Transfer the kindness in you to others.
2. **Be specific, deliberate and consistent** in making any change. Small, steady steps are the way to create lasting involvement.
3. **Always be learning** and set seemingly impossible goals for yourself. Growth always feels a bit uncomfortable at first.
4. **Trust your instincts.** No matter what, be honest with yourself first. Take the time you need to really self-examine.
5. **Be bold and take a risk.** Our worst fears never to come pass when we step out on faith.
6. **Be ruthless with your time** as it is the only thing that you can't get back or recreate.
7. **Be flexible and open** to possibilities so you don't close the door to opportunities waiting for you.
8. **Be patient with yourself and others.** Sometimes time just needs to pass before change is visible. *"Nine women can't have a one month baby."*
9. **Problem solve, don't blame.** If you find yourself in a situation, it doesn't matter how you got there; you have options.

Please share with others if you find this Bill of Rights valuable.

