



THE CODE

Build a wave of **Purpose**



Find your
purpose

Find your **Purpose**

Find your **Power**

Find your **Path...**

The Code Method starts with a simple 15-minute exercise, a self-empowerment program of 12 promises, a bond of hope between today and tomorrow, a simple tool to help define one's purpose for positive decisions and positive change.



The Code
method

The Code Method is a simple yet powerful program that helps motivate positive change and positive decision making. Built around 12 personal promises, The Code is an effective tool to create a powerful, positive and purposeful attitude to navigate the uncertainty and turbulence of life.

The power of writing—the power of affirming "I Will" - helps one see beyond today and set a course for a better tomorrow.



A simple exercise

Write 12 lines, every line beginning with "I will". 12 promises to yourself, promises that will be kept. Think of your future as being unwritten and now you are writing it. There are no rules, no prescriptions, no right answer or wrong answer.

If you like what you have written and have a friend or colleague who needs inspiration, share it - if you really feel it, share it with the world.

When you think and write down your promises they develop great power - our thoughts are transformed from imagination to reality as letters, words and sentences - legible, tangible and actionable. Values and goals come to life as promises, as a series of commitments that form a powerful and personal code for today and tomorrow.



The mission of the code

The ultimate goal of the The Code is to create a wave of positive energy that keep circling the globe, infusing everyone that come across it with a powerful spark of hope for the future. The Code is deigned to create a feeling of confidence in oneself, an attitude of strength that empowers positive decision making to combat stress, anxiety, despair, and disconnection.

THE CODE

THE POWER OF "I WILL"

1. I WILL _____
2. I WILL _____
3. I WILL _____
4. I WILL _____
5. I WILL _____
6. I WILL _____
7. I WILL _____
8. I WILL _____
9. I WILL _____
10. I WILL _____
11. I WILL _____
12. I WILL _____

Signature: _____

Name: _____

Date: _____



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Any comments or suggestions
are greatly appreciated
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