

CODE TO PERFORM

CODE OF CONDUCT

Quality Practice Checklist

- **Practice With Purpose:** Ask Your “Why?”
- **Humility:** Never be too big to do the small things that need to be done
- **Continuous Improvement:** Practice towards change for the better
- **Lead With Integrity:** Leaders create leaders
- **Share The Lessons:** Leaders are teachers
- **Be Honorable:** Consider yourself lightly; consider the world deeply
- **Embrace Expectations:** Aim for the highest standards
- **Practice To Succeed:** Be comfortable practicing under pressure **BETTER**
- **Be Focused:** Control your attention
- **Know Thyself:** Keep true to your values
- **Sacrifice:** Find something you would die for and give your life to it
- **Invent Your Language:** Sing your world into existence
- **Ritualize To Actualize:** Create your culture
- **Be A Good Ancestor:** Plant trees you'll never see
- **Write Your Legacy:** This is your time

Support your moment-to-moment process towards your “WHY” by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement**. For further assistance see UpRight Movement's [Regeneration Guidelines](#).