



Qualitative Recreation Lifestyle Principles

Standards for Successful Living

Qualitative Recreation Lifestyle Principles are universal and biological laws of nature that when followed, result in producing desirable lifestyle values. Inasmuch, values are the granddaddy of all motivational systems and the key to personal, professional, and spiritual empowerment. Each of these four words (Quality, Recreation, Lifestyle, and Principles) serve as spiritual guidelines for making positive lifestyle choices in the people we choose to associate with, the environment we choose to live in and how we use our time and resources. It is very important that we follow these standards for at least twenty-one days; because this is the amount of time it takes to develop healthier habits and new standards for successful living.

Quality: Standard for Excellence

- Environment: Create or expose yourself to an environment that encourages you to reach and live your passion.
- Promotion: Promote what you love so that others may be inspired to share what they love.
- Association: Associate with people who support, encourage and inspire greatness in your endeavors.

Recreation: Restoration of Health

- Mental: Cultivate your mind to incite knowledge and enlightenment through everyday learning experiences from the college of life.
- Spiritual: Revitalize your spirit through a positive relationship with God, nature, the universe and with all whom you meet.
- Physical: Perpetuate fun-first-fitness all the days of your life by participating in daily activities that are exciting and challenging.

Lifestyle: Process of Balance

- Work: Find a career that you truly enjoy, or find enjoyment in the work that you now do, for if you do you'll never work a day in your life.
- Rest: Schedule regular periods of down time to calm, soothe, unwind and relax your mind, body and spirit.
- Play: Make time for play to add happiness to your day for it is the secret of youth and lifelong vitality.

Principles: Code of Conduct

- Integrity: Align yourself with people who are true to their word, who have steadfast adherence to strict moral and ethical standards.
- Honesty: Always be true to yourself for that is the only way you can be true to others.
- Respectability: Exemplify love, respect and appreciation for all living things on this good earth and allow them to flow from your heart, for this is your blueprint for personal, professional, and spiritual empowerment!