Welcome to The Code, a model for living confidently, doing what matters and creating meaningful change.

It’s more than a manifesto and better than a mission statement—this is a living, breathing way of thinking and living that helps you get confidently out into the world to do what matters to you. Not just that, but it guides you and holds your hand as you go.

So, why the fuss over confidence and doing what matters anyway?

Because confidence is showing up in the world knowing you’re enough. It’s easing into what matters most without the need to chase status, validation or recognition, simply because you don’t need to prove anything. You get to apply confidence right at the point of choice or change without needing all the answers and without your worth being dependent on what happens next.

Real confidence is trusting that being wonderfully and imperfectly whole is plenty.

And that’s how you get to live a sweet and beautiful life.
I’ve deliberately made it easy for you to get your hands on The Code—there’s no cost, no sign-up and no catch—because I want this to work for you.

I want you to show up and stop waiting for something awesome to come along. I want you to step into who you are and stop hiding. I want you to dive into what you can do and stop beating yourself up for not being good enough.

That’s what could be at stake here, so let me ask you this...

Do you want a sweet and beautiful life?
HOW TO USE THE CODE

The Code comprises 32 principles across 5 categories—Action, Choices, Self-Worth, Challenge and Fear.

The Code isn’t here to tell you what you’re doing wrong or to give you a set of rules that become something else for you to struggle against; it’s here to help guide, simplify and open up your life.

It’s a guide, not a bible. An ally, not a manual. A mentor, not a judge.

You don’t need to follow every single part of The Code simultaneously. Leaping in and trying to do everything in here might drive you loopy, so don’t think you need to implement all of this right away.

Read it once or twice and you’ll find one or two things that jump out at you quite naturally. Check in on those things and see what there is for you to learn, to action or to change.

Could be that reading a piece of The Code sets off an alarm bell in your head, heart or
stomach—if so, don't judge it, hear it.

Best of all, you might get some flashes of insight, a sudden clarity or new understanding of something you can change for the better. That, my friend, is brilliant.

And to dip into The Code to see what it has to offer you is how to get the best from it. Month after month, year after year.

It’s not a one-use thing.

Refer to it when you’re feeling stuck or when you feel frustrated. Take a look at it when you’re not feeling good enough or when you feel like you deserve more. See what it has to offer when you’re full of self-doubt. And use it when you feel like you want to get out there and put your dent in the universe or you’re gonna bust.

So off you go.

Begin.

And let me know what happens.
1. I’LL ENGAGE WITH WHAT MATTERS

IN OTHER WORDS
If you’re not engaging with the things that matter, just how are you spending your time?

USE IT
What matters to you most in yourself, in other people or out there in the world? How can you express, honour or demonstrate that today?
2. I’LL BE GENTLY AWARE WHEN I’M ACTING BASED ON OUT-DATED, UNCHALLENGED OR FLAWED ASSUMPTIONS

IN OTHER WORDS

Please, stop doing stuff simply because you assume it’s what you should be doing.

USE IT

What’s the reason you keep repeating a specific course of action? Look for an assumption or something you’re failing to acknowledge, and open up an alternative.
3. **IT’S THROUGH GENEROSITY (OF SPIRIT, THOUGHT, DEED, EMPATHY, COMPASSION OR CREATIVITY) THAT I GET TO CREATE SOMETHING OF VALUE**

**IN OTHER WORDS**
You’re here; you exist; you matter. You can impact and influence what you choose, so it’s time to add value like only you can.

**USE IT**
What legacy do you want to leave behind you? Not just when your time here is up, but whenever you leave a room, say goodbye or move on.
4. I’LL ACT FROM MY BEST, NOT FROM MY WORST

**IN OTHER WORDS**

Don’t feed your demons, feed the angels.

**USE IT**

Where do you focus on what’s wrong or get wrapped up in drama? Instead, how can you look at adding value, transforming or letting go?
5. The size of Action Doesn’t Matter; What Matters Is Doing Something

In Other Words

There simply isn’t a replacement for action.

Use It

Feeling stuck or feel the urge to plan more? Today, just do one small thing toward what matters. Forget about size or impact, just do something.
6. I’M BUILT TO MAKE CONNECTIONS AND IT’S THROUGH CONNECTION THAT I GET TO LIVE FULLY

IN OTHER WORDS
No man’s an island, my friend. Don’t think for a second it’s just you.

USE IT
This week, how can you enrich a connection you have to a person, a group, a community, an idea or anything else?
7. I CAN USE MY EXPERIENCE TO HELP INFORM MY CHOICES, BUT I’LL ALWAYS USE MY VALUES TO GUIDE THEM

IN OTHER WORDS

Your personal values are like an in-built GPS for guiding you to brilliant decisions.

Use them.

USE IT

When making a decision, how can what you’ve learned be enhanced by what matters most to you in yourself, in others or out there in the world?
8. I WON’T LET EVERYTHING THAT MIGHT GO WRONG HOLD ME BACK FROM MAKING DECISIONS

IN OTHER WORDS
The shit might hit the fan, but that doesn’t mean you shouldn’t buy a fan.

USE IT
Let’s assume you could trust yourself to deal with whatever happens.

What would that change? What difference would that make?
9. WHEN FACED WITH A DECISION WHERE COMPROMISE IS NECESSARY, I WILL DECIDE BASED ON GENEROSITY, EMPATHY OR COMPASSION RATHER THAN PROTECTION

IN OTHER WORDS
Don’t be an asshole; put a little love in your heart.

USE IT
In the middle of a tough choice, how can you switch your focus from looking inwards at yourself to looking outwards towards others?
10. I WON’T HAVE **MY CHOICES** BE SIDETRACKED OR HIJACKED BY THE DRAMA OF EVENTS

**IN OTHER WORDS**
It’s easy to get swept up and along, but if all you see is drama you’re missing all the good stuff.

**USE IT**
Where are you telling yourself stories based on the drama of an event rather than what could be a more meaningful or enabling truth?
11. I’LL USE MY **INTUITION AND INSTINCT** TO HELP ME MAKE DECISIONS THAT SURPRISE AND DELIGHT ME

**IN OTHER WORDS**

Listen to your gut, it knows a thing or two about you and what’s best.

**USE IT**

If there was something that your gut or your intuition wanted you to hear right now—a message that your life had for you—what would it be?
12. I’m **HAPPY TO BE RESPONSIBLE FOR THE CHOICES I MAKE AND THEIR CONSEQUENCES**

**IN OTHER WORDS**

Step up to the plate and take a swing.

Nobody else is gonna do it for you.

**USE IT**

Look for where you might not be fully owning a decision (one you’ve already made or yet to make). What might be different if you stepped into your full responsibility?
13. I WON’T BE AFRAID TO **ASK FOR HELP** OR SEEK COMFORT WHEN IT’S TOO HARD TO DO ALONE

**IN OTHER WORDS**

Asking for help can be the bravest thing you can do in life.

**USE IT**

Are you “soldiering on” thinking you have to deal with something by yourself? What would be different if you were to drop your guard and let someone help?
14. I KNOW THAT **BEING AT MY BEST IS A CHOICE, EVEN WHEN THINGS ARE AT THEIR WORST**

**IN OTHER WORDS**

Just because life might be crappy right now doesn’t mean you have to be crappy too. You always get to choose.

**USE IT**

Imagine a conversation with the version of you who’s at their very best, flowing and alive. What would they say to you about where you are right now?
15. IF A COURSE OF ACTION WILL COST ME MORE THAN I CAN AFFORD EMOTIONALLY, PHYSICALLY OR SPIRITUALLY, I’LL **DO THE RIGHT THING** FOR ME

**IN OTHER WORDS**
Know when to get the hell outa dodge.

**USE IT**
What are you putting up with that you know deep down is costing you dearly?
16. I WON’T RETREAT, HIDE OR HOLD BACK JUST BECAUSE THINGS ARE TOUGH OR RISKY

**IN OTHER WORDS**
If you wanna avoid risk, you may as well just stay under the duvet.

**USE IT**
How can stepping up when things are tough or risky be of better service to you than holding back from it?
17. I know that I don’t have to be ready to face every challenge; I just have to be ready to learn.

IN OTHER WORDS

David beat Goliath by learning a winning strategy. Focus on how you can grow into the challenge rather than all the ways you’re not ready.

USE IT

What’s one thing you can learn, practice, research or do that will help make that challenge seem just a little bit smaller?
18. I WELCOME THE STRETCH AND DISCOMFORT IN MEETING A CHALLENGE, JUST AS I’LL WELCOME THE FRUITS OF MEETING THAT CHALLENGE.

IN OTHER WORDS

The opposite of stretch is atrophy. Better to be uncomfortable than to decay, right?

USE IT

What do you think needs to shift for you to embrace stretch and discomfort rather than resist or struggle against it?
19. I’ll be of **service to others**, but won’t place my own value in the recognition or gratitude that comes from that service.

**In Other Words**
Doing things for other people is amazing, unless it’s all about the validation you get.

**Use It**
How can you be of service simply because you can, not because you want something in return?
20. I’m quietly aware of my own value and know that it’s not conditional on others, outcomes or circumstances.

**In Other Words**

You’re already whole.
You’re already worthy.
You’re already deserving.
You always will be.

**Use It**

What would need to shift for you to honestly acknowledge everything you’ve done, everything you can do and everything you are?
21. I WON’T BEAT MYSELF UP WHEN I’M FEELING DOWN; IT’S JUST A THING THAT HAPPENS

IN OTHER WORDS
You feel what you feel, and that’s only “bad” if you decide it is.

USE IT
Instead of getting frustrated or thinking you need to “be better”, how can you make it okay for you to be down sometimes?
22. **I DON’T NEED WHAT MATTERS TO ME TO MATTER TO OTHERS. IF IT MATTERS TO ME, THAT’S PLENTY.**

**IN OTHER WORDS**

Different strokes for different folks.

It’s all good.

**USE IT**

Are you judging yourself negatively or trying to fit in just because you’re not like other people?

What needs to change?
23. I’LL HEAR WHAT MY BODY TELLS ME, BECAUSE IT SOMETIMES KNOWS MORE THAN I’LL ADMIT TO

IN OTHER WORDS

Your body is the vehicle for your lifes’ expression.

Honour it, respect it, listen to it.

USE IT

What pressures or sensations are present in your body? If your body wanted you to know something, what would it be?
24. NOURISHING MY **HEAD, HEART AND BODY IS A GENUINE PRIORITY**

**IN OTHER WORDS**
You can’t run on empty and there’s only one of you. So it’s up to you to make sure you’re okay.

**USE IT**
Write a list of at least 20 things you can do—big or small—that will provide nourishment for your head, your heart or your body. Do one each day.
25. I’LL LEAVE SPACE IN MY LIFE FOR THE UNEXPECTED AND MAGICAL

IN OTHER WORDS
Don’t be all about planning or executing. Those things neglect what’s right in front of you and are often at odds with what life’s really about.

USE IT
This week, how can you leave room for something unexpected, surprising or magical to happen?
26. I DON’T HAVE TO COMPETE AGAINST OTHERS IN ORDER TO GAIN STATUS AND FEEL GOOD ABOUT MYSELF. I’M ALREADY GOOD ENOUGH AND BETTERING MYSELF IS WHERE I’LL ALWAYS COME OUT AS A WINNER.

IN OTHER WORDS
Stop comparing your insides to others’ outsides. It’s all perception and deeply flawed.

USE IT
Notice the next time you compare yourself to someone else and ask, “If I had nothing to prove to anyone, what would I do now?”
27. MY FEARS MIGHT YELL AND SCREAM AT ME, BUT I’M NOT OBLIGED TO DO WHAT THEY SAY

IN OTHER WORDS
I’m driving the bus, not all the stuff I’m scared of.

USE IT
Pause. Create a space between knowing you’re afraid and deciding what to do next.

Choose to respond, not react.
28. I WO’N’T TAKE THE SAFE ROAD BY DEFAULT, OR JUST BECAUSE IT’S THERE. I CAN **CARVE A PATH THROUGH ANYTHING** AT A PACE THAT WORKS FOR ME.

**IN OTHER WORDS**

Being safe is swell an’ all, but never at the expense of doing your thing.

**USE IT**

There’s always another way, so what’s another way of having this work? What’s a way of having it feel easier?
29. **I’ll let go of my need to be in control, where that control is fuelled by the fear of what might happen without it**

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**IN OTHER WORDS**

Trying to control life is like counting soap bubbles in the bath.

It never ends and you’ll end up wrinkly.

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**USE IT**

Life is uncertain, so what can you do to reassure yourself that it’s okay to loosen your grip?

What would it take for you to let go?
30. I WON’T BE AFRAID TO **LET GO** OF THE THINGS THAT KEEP ME COMFORTABLE BUT DON’T ACTUALLY MATTER

**IN OTHER WORDS**

Cling to comfort and you may as well get measured for that casket now.

Often, it just doesn’t matter.

**USE IT**

Look for the pay-off you get from holding close things that don’t matter.

Unearth the benefit or pay-off, then see if that warrants staying stuck.
31. I **WON’T CLING TIGHTLY** ONTO THE THINGS THAT MATTER JUST BECAUSE I’M AFRAID OF LOSING THEM

**IN OTHER WORDS**

Put the rabbit down Lennie.

**USE IT**

It’s great that you care, really it is, but what’s another way of honouring the fact you care without crushing the life out of what matters?
32. I’m not afraid to take off my armour and be vulnerable, because that’s how I get to be whole.

In other words:
Don’t think for a second that being vulnerable is the enemy, or shows weakness.
Not letting your guard down is the real enemy.

Use it:
Being vulnerable is just showing up as you already are. So what would be different if you gave yourself permission to be vulnerable?
Having seen the 32 elements of The Code, you might be thinking, *What now?*

So, in an effort to be helpful, here are a handful of ways you might want to use The Code.

Faced with a decision and feeling stuck about which way to go? Take a look through and see what there is that could help guide you towards a great choice.

Feeling down, feeling low, feeling lost? That’s okay. Take the pressure off and maybe check out the Self-Worth section for an idea or two.

Sick and tired of a specific situation and frustrated that it hasn’t changed yet? Have a look at the Action section, or perhaps the Fear section, and see what there is for you to learn about how you can get a better experience.

3 simple examples, and really just the tip of the iceberg.

Point is, you can start with just one thing - whatever jumps out at you.

Start with that one thing and look at how you can engage with it, bring it to life or explore it.
WHAT NOT TO DO...

Perhaps a more pertinent question is *What should I not do?*

I said at the start that The Code is a living, breathing way of thinking and living that helps you get confidently out into the world to do what matters to you.

What that means is that for this to work, you have to make room for it.

You have to open to it, to see what it might have to say to you.

You have to make it okay to try something different.

You have to give yourself permission to ask some tough questions and maybe take some bold action.

The wrong way to use The Code is to flick through it, see that it has some mildly interesting things here or there, then go back to doing stuff the way you’ve always done stuff and never look at it again.
OVER TO YOU...

Of course, how you use The Code and what happens next is really up to you.

And that’s what’s most wonderful about life - you always get to make a choice.

It just helps to make that choice knowing you’re already enough; knowing that you don’t have to chase status, validation or recognition; knowing you don’t need to prove anything; and being able to apply confidence right at the point of choice or change without having all the answers and without your worth being dependent on what happens next.

Your next steps are wide open, and I’d love to know what happens.

Best, always

PS: There are heaps of strategies, tips and ways to build natural confidence over at the blog. You never have to feel stuck.
CLICK TO SHARE ON FACEBOOK & TWITTER

(YOU NEVER KNOW WHO MIGHT NEED IT)