

I, Lance M. Brown, do hereby resolve:

- I will no longer pollute my body knowingly with toxins, poisons, or other anti-life pollutants.
- I will pursue diligently an exercise, nutrition, and general health regimen, and will always consider my best health in what I consume and what I do.
- I will maintain a relatively high level of physical fitness and a relatively low level of physical stress.
- I will consider the viewpoints and emotions of others before I speak or act; I will always seek to understand the perspectives of others.
- I will make every act an act of self-improvement; I will make better use of my time **all the time**; I will always consider, "What is the best use of my time **right now**?"
- I will not conduct my work in a haze, and I will strive to maintain optimum clarity during all times of productivity.
- I will endeavor to keep a healthy balance of private, work-related activity and social, play-like activity, so as to gain the maximum advantage of both.
- **I will strongly consider the consequences of the consumption of any drug, at any time.**
- I will control my spending habits, and I will keep a careful eye on the path that my finances are taking.
- I will strive to maintain strong and healthy ties with the family members I value most.
- I will respect and honor those who I value most as friends, and I will act to further their best interests whenever possible.
- I will spend more time taking courses of action, and less time talking about them.
- I will evaluate my actions honestly and frequently, and will keep a steady watch on my personal state.
- I will maintain a positive attitude whenever possible.
- I will seek to listen more and talk less.
- I will always act to expand and further my natural and developed talents, and to use those talents to improve the general welfare of myself and others.
- I will devote as much time and energy to relieving my mother's burden as I did adding to it.
- I will not lie or steal.
- I will not cheat, deceive, or mislead others.
- I will speak and act against visible acts of harm, malice, racism, or any other prejudice.
- I will diligently respect the environment, and will act to increase the respect for the environment in others.
- I will seek to achieve a better understanding of women, and to be sensitive to their situation.
- I will act to maintain financial stability and prosperity.
- I will try to always respect myself and others, and to seek a better state for all.
- I will not live in contradiction, conduct myself in deceptions, or encourage unhealthy thinking.
- I will maximize my personal abilities and potential, and attempt to produce the most good possible.
- I will maintain a clarity and focus that will best allow me to achieve my highest goals.

In other words,

I will get my shit together ---- and keep it together.