



The Standards Guy®
www.Derek-Mills.com

Speaker | Author

P = Personal Health and Fitness

E = Environment

R = Relationships

F = Family

E = Emotions

C = Career/Job

T = Time

Is your life
P.E.R.F.E.C.T.
yet?

Start discovering where your Standards can be raised and honour your TrueSelf!



Life Standards System

a) You have probably not consciously chosen most of your Standards (up to this moment) for your life. Consider now, where your previous Standards came from in each of the 7 P.E.R.F.E.C.T. areas. Look at the list below and think of WHAT could be the source of your previous Standards.

- School
- College/University
- A friend (who specifically)
- Friends
- Mom/Dad/Brother/Sister/Family
- Profession
- Employer
- Industry
- Society
- Media
- Neighbours/Community
- Other acquaintances

OR

• I consciously thought through and set my Standard in this area from knowledge of myself and my intuition.

b) In each of the 7 areas consider your Standards now and write down where your original Standard came from in each area; then set 3 new Standards **in each area**.





Life Standards System

Personal Health & Fitness – Standards to keep you above ground

Note 3 Standards that you already run, have, or do

- 1 _____
- 2 _____
- 3 _____

What was the source of these Standards?

- 1 _____
- 2 _____
- 3 _____

Set 3 new Standards in this area that you will run, have, or do, that will serve you and empower you more, right now.

- 1 _____
- 2 _____
- 3 _____



Life Standards System

Environment – External mental food and your Internal attitude

Note 3 Standards that you already run, have, or do

- 1 _____
- 2 _____
- 3 _____

What was the source of these Standards?

- 1 _____
- 2 _____
- 3 _____

Set 3 new Standards in this area that you will run, have, or do, that will serve you and empower you more, right now.

- 1 _____
- 2 _____
- 3 _____



Life Standards System

Relationships – Drop the bad company , Keep good company

Note 3 Standards that you already run, have, or do

- 1 _____
- 2 _____
- 3 _____

What was the source of these Standards?

- 1 _____
- 2 _____
- 3 _____

Set 3 new Standards in this area that you will run, have, or do, that will serve you and empower you more, right now.

- 1 _____
- 2 _____
- 3 _____



Life Standards System

Family – Choosing Standards that suit your family role

Note 3 Standards that you already run, have, or do

- 1 _____
- 2 _____
- 3 _____

What was the source of these Standards?

- 1 _____
- 2 _____
- 3 _____

Set 3 new Standards in this area that you will run, have, or do, that will serve you and empower you more, right now.

- 1 _____
- 2 _____
- 3 _____



Life Standards System

Emotions – Your habitual daily emotional Standards control your life

Note 3 Standards that you already run, have, or do

- 1 _____
- 2 _____
- 3 _____

What was the source of these Standards?

- 1 _____
- 2 _____
- 3 _____

Set 3 new Standards in this area that you will run, have, or do, that will serve you and empower you more, right now.

- 1 _____
- 2 _____
- 3 _____



Life Standards System

Career/Job – Setting Standards that maximise your effectiveness and results

Note 3 Standards that you already run, have, or do

- 1 _____
- 2 _____
- 3 _____

What was the source of these Standards?

- 1 _____
- 2 _____
- 3 _____

Set 3 new Standards in this area that you will run, have, or do, that will serve you and empower you more, right now.

- 1 _____
- 2 _____
- 3 _____



Life Standards System

TIME – Using your time, making who you are what you do and what you do who you are

Note 3 Standards that you already run, have, or do

- 1 _____
- 2 _____
- 3 _____

What was the source of these Standards?

- 1 _____
- 2 _____
- 3 _____

Set 3 new Standards in this area that you will run, have, or do, that will serve you and empower you more, right now.

- 1 _____
- 2 _____
- 3 _____



Life Standards System

P.E.R.F.E.C.T. Life Standards System Declaration:

I _____ commit to run my new Standards in each of the areas set, today, and each day, one day at a time.

Signed: _____ Date: _____