Personal Operating Manual

Your name

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**Version:** Today’s date

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**Introduction**

The information on the next page(s) describes my personal ethics and boundaries (or rules), how to create a positive relationship with me, my preferences, likes and dislikes, goals, dreams, and more.

I am open to questions and comments “after” you have finished reading all of it.

**Manifesto**

* **Values**: Enter
* **Principles**: Enter
* **Boundaries**: Enter
* **Communication styles**: Enter
* **Conflict resolution methods**: Enter
* **Philosophical ethics**: Enter
* **Political ideals**: Enter
* **Spiritual beliefs**: Enter
* **Must haves in a partner-friend**: Enter
* **Cannot haves in a partner-friend**: Enter
* **Appreciated behavior**: Enter
* **Unwelcome behavior**: Enter
* **Favorite places**: Enter
* **Most disliked places**: Enter
* **Favorite activities**: Enter
* **Most disliked activities**: Enter
* **Favorite people**: Enter
* **Most disliked people**: Enter
* **Goals**: Enter
* **Dreams**: Enter
* **Closing**: Enter