

# 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