

**Mariana's Personal and Professional Categories (as of 2010)**

<b>PERSONAL CATEGORIES</b>	<b>PROFESSIONAL CATEGORIES</b>
<b>#1</b> WORLD-CLASS HEALTH, FITNESS VITALITY, PHYSICAL POWER AND ENERGY	<b>#1P</b> INTEGRAL ABUNDANCE MAGNET
<b>#2</b> EMOTIONAL JUICE & FITNESS	<b>#2P:</b> BRANDING INTEGRAL INVEST. AUTHORITY WORLD-CLASS KEYNOTE SPEAKER
<b>#3</b> UNITY CONSCIOUSNESS: DAILY 1 HOUR MEDITATIONS 3 RETREATS PER YEAR	<b>#3P</b> FOUNDER AT AQAL BUILDER of INTEGRAL COMPANIES
<b>#4</b> ULTIMATE PASSION & OUTSTANDING MARRIAGE	<b>#4P</b> BEST-SELLING AUTHOR CONSCIOUSNESS LEADER
<b>#5</b> OUTSTANDING FAMILY LIFE: LOVING MOTHER & TRUSTED FRIEND	<b>#5P</b> FORCE FOR GOOD OUTSTANDING PHILANTHROPIST
<b>#6</b> CREATOR OF A GOOD LIFE & CELEBRATING LIFE	<b>#6P</b> WISDOM MAGNET & OUTSTANDING MASTERMIND PEER GROUP
<b>#7</b> NEW SKILLS BUILDING	<b>#7P</b> INVESTMENT TURNAROUND PARADIGM CHANGER

**My code of conduct to which I am committed at all times is:**

- Being authentic, humble, and aware
- Being an integral leader of unlimited possibilities
- Being empowering and having trust
- Being a good and wise listener
- Being always present and loving what is
- Being cheerful, warm, and kind
- Being joyful, fun, and playful
- Being intelligent and wise
- Being passionate and determined
- Being sexy and feminine
- Being vibrantly healthy, full of energy, and vital
- Being strong and courageous
- Being tolerant and understanding

**The values toward I am moving:**

- Joy, celebration, and self-recognition
- Love, compassion, and loving kindness
- Trust and gratitude
- Health and vitality
- Achievement, passion, and determination
- Intelligence and wisdom
- Flexibility and tolerance
- Contribution and making a difference

**The values from which I am moving away:**

- Consistent, debilitating anger and fear: Only if I were to react in the moment with harshness or intensity, instead of remembering that NOW I AM THE VOICE deciding what things mean for ME. I now choose to BE in my HEART. I am now loving and compassionate with myself and others.
- Consistent, destructive defensiveness: Only if I were to consistently focus on the false belief that people are constantly criticizing me instead of realizing that everyone has their own values and beliefs that are independent from mine. I now choose to appreciate and to thank people; I learn from each experience and I live in the unknown.
- Consistent, debilitating judgment: Only if I were to consistently believe that things are always wrong and that I am the only one who knows best and can fix them, instead of accepting what IS. I now choose to surrender and to live in the NOW.