

THE TEN

1. I AM THE LORD YOUR GOD.
YOU SHALL WORSHIP THE
LORD YOUR GOD AND HIM
ONLY SHALL YOU SERVE.
2. YOU SHALL NOT TAKE THE
NAME OF THE LORD YOUR GOD
IN VAIN.
3. REMEMBER TO KEEP HOLY
THE SABBATH DAY.
4. HONOR YOUR FATHER AND
YOUR MOTHER.
5. YOU SHALL NOT KILL.

COMMANDMENTS

6. YOU SHALL NOT COMMIT
ADULTERY.
7. YOU SHALL NOT STEAL.
8. YOU SHALL NOT BEAR FALSE
WITNESS.
9. YOU SHALL NOT COVET YOUR
NEIGHBOR'S WIFE.
10. YOU SHALL NOT COVET
YOUR NEIGHBOR'S GOODS.

7 Deadly Sins

As Defined in Dante's Inferno

Envy

Envy (Latin, invidia) is characterized by an insatiable desire. Envy is similar to jealousy in that they both feel discontent towards someone's traits, status, abilities, or rewards.

Wrath

Wrath (Latin, ira), also known as "rage", may be described as inordinate and uncontrolled feelings of hatred and anger.

Greed

Greed (as seen by the church) is applied to a very excessive or rapacious desire and pursuit of material possessions. Greed is a sin against God, just as all mortal sins, in as much as man condemns things eternal for the sake of temporal things.

Sloth

Sloth (Latin, Socordia) can entail different vices. While sloth is sometimes defined as physical laziness, spiritual laziness is emphasized. Failing to develop spiritually is key to becoming guilty of sloth. In the Christian faith, sloth rejects grace and God.

Pride

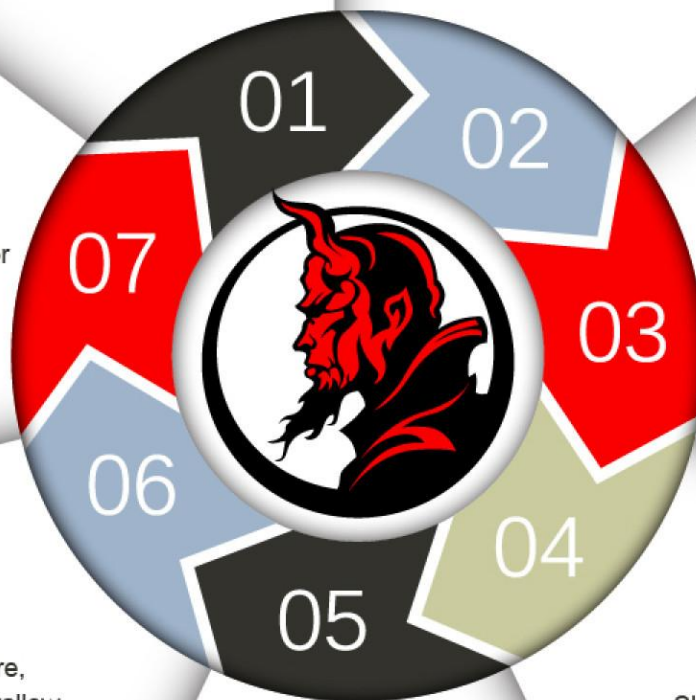
In almost every list, pride is considered the original and most serious of the seven deadly sins, and the source of the others. It is identified as believing that one is essentially better than others, failing to acknowledge the accomplishments of others, and excessive admiration of the personal self

Lust

Lust or lechery (carnal "luxuria") is an intense desire. It is usually thought of as excessive sexual want; however, the word was originally a general term for desire. Therefore lust could involve the intense desire of money, food, fame, or power as well.

Gluttony

Derived from the Latin gluttire, meaning to gulp down or swallow, gluttony (Latin, gula) is the over-indulgence and over-consumption of anything to the point of waste. In Christianity, it is considered a sin if the excessive desire for food causes it to be withheld from the needy.



The 4 Agreements

Agreement 1: Be Impeccable With Your Word

Don't say anything that will hurt yourself. If you say something negative to another they will think less of you and will be against yourself also. Speak the truth but don't gossip. When you talk negatively about yourself then you are the judge and also the victim. Sometimes punishing yourself hundreds of times for the same mistake. Don't judge and then you won't be victimized. With yourself and others.

Agreement 2: Don't Take Anything Personally

This agreement also allows readers to understand the notion that each individual has a unique worldview that alters their own perceptions, and that the actions and beliefs of a person is a projection of their own personal reality. Ruiz believes that anger, jealousy, envy, and even sadness can lessen or dissipate once an individual stops taking things personally.

Agreement 3: Don't Make Assumptions

The third agreement describes the issue of making assumptions, how it leads to suffering, and why individuals should not partake in making them. When one assumes what others are thinking, it can create stress and interpersonal conflict because the person believes their assumption is a representation of the truth. Ruiz believes that a solution to overcoming the act of making an assumption is to ask questions and ensure that the communication is clear between the persons involved. Individuals can avoid misunderstandings, sadness, and drama by not making assumptions.

Agreement 4: Always Do Your Best

The fourth agreement allows readers to have better insight on achieving progress towards their goals in life. This agreement entails integrating the first three agreements into daily life and also living to one's full potential. It involves doing the best that one can individually manage, which varies from the different situations and circumstances that the individual may encounter. Ruiz believes that if one avoids self judgment and does their best in every given moment, they will be able to avoid regret. By incorporating the first three agreements and doing the best they can in all facets of life, individuals will be able to live a life free from sorrow and self-ridicule.



The image depicts a single sheet of aged, yellowed parchment. The parchment has a rough, irregular texture with visible creases, wrinkles, and some darker staining, particularly along the edges. It is framed by a decorative border made of small, dark, circular or oval shapes, possibly representing rivets or decorative holes. The text is written in a classic, elegant script, likely a calligraphic hand, in a dark ink. The title is centered at the top, and the main body of the text is left-aligned. The word 'Amen.' is centered at the bottom right of the text area.

The Lord's Prayer

*Our Father, Who art in
heaven, Hallowed be Thy
name; Thy kingdom come;
Thy will be done on earth
as it is in heaven. Give
us this day our daily
bread; and forgive us our
trespasses as we forgive
those who trespass against
us; and lead us not into
temptation, but deliver us
from evil.*

Amen.

13 Virtues Benjamin Franklin

1. **Temperance.** Eat not to dullness; drink not to elevation.
2. **Silence.** Speak not but what may benefit others or yourself; avoid trifling conversation.
3. **Order.** Let all your things have their places; let each part of your business have its time.
4. **Resolution.** Resolve to perform what you ought; perform without fail what you resolve.
5. **Frugality.** Make no expense but to do good to others or yourself; i.e., waste nothing.
6. **Industry.** Lose no time; be always employed in something useful; cut off all unnecessary actions.
7. **Sincerity.** Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.
8. **Justice.** Wrong none by doing injuries, or omitting the benefits that are your duty.
9. **Moderation.** Avoid extremes; forbear resenting injuries so much as you think they deserve.
10. **Cleanliness.** Tolerate no uncleanness in body, clothes, or habitation.
11. **Tranquility.** Be not disturbed at trifles, or at accidents common or unavoidable.
12. **Chastity.** Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.
13. **Humility.** Imitate Jesus and Socrates.

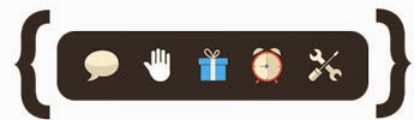
FORM OF THE PAGES

Temperance.

*Eat not to Dulness**Drink not to Elevation.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
<i>T</i>							
<i>S</i>	••	•		•		•	
<i>O</i>	•	•	•		•	•	•
<i>R</i>			•			•	
<i>F</i>		•			•		
<i>I</i>			•				
<i>S</i>							
<i>J</i>							
<i>M</i>							
<i>Cl.</i>							
<i>T</i>							
<i>Ch.</i>							
<i>H</i>							

HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE



WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

GRAPHIC BY **FIERCEMARRIAGE.COM**

BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN

Cold Therapy

- 1. Promotes fat loss**
- 2. Improves immunity, increases white blood cell count**
- 3. Gives better circulation**
- 4. Boost the activity of the lymphatic system**
- 5. Promotes emotional resilience and lowers stress**
- 7. Lowers chances of depression**
- 8. Increases testosterone levels**
- 9. Improves fertility**

In a [previous experiment](#), men who took a half hour of hot bath every other day for three weeks became infertile for six months.

- 10. Promotes faster muscle recovery**

A [2009 study](#) showed that an ice bath after intense training improves circulation and helps remove some lactic acid, which could speed up the body's recovery.

- 11. Enhances skin and hair**

The benefits of taking a cold shower not only give better health, but also make people look better. Ice cold water can help reduce the risk of losing too many natural oils on the skin and hair, according to dermatologist [Jessica Krant](#).

It also helps make the hair appear shiny and strengthens their grip to the scalp.

12. Ensures better sleep at night

A 10-minute ice bath could help people get incredible sleep at night, according to a book titled “The Four Hour Body.” The book states that taking a cold shower gives an elephant tranquilizer-like effect that will put you straight to bed.

The eight benefits of transcendental meditation are:

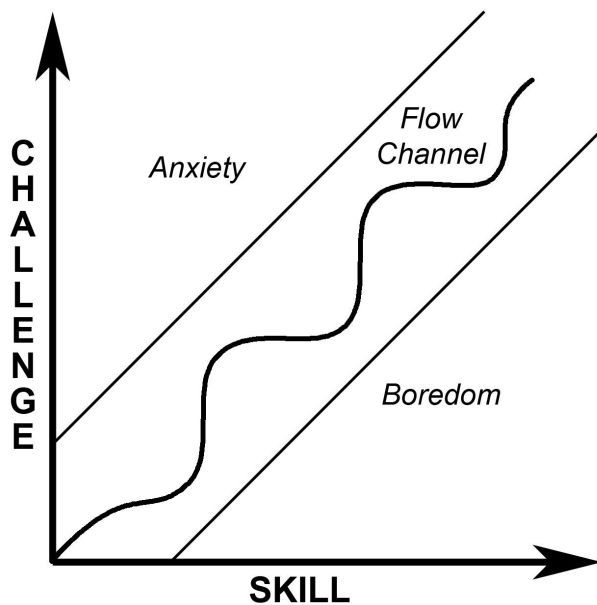
- Reduced stress and **anxiety**.
- Improved sleep.
- Greater sense of clarity and productivity.
- Lower blood pressure.
- Greater sense of calmness throughout the day.
- Reduced cortisol.
- Lower risk of heart attack or stroke.
- Improved brain function and memory.

Benefits of sauna

- **Sauna's** improve cardiovascular performance. ...
- **Sauna's** aid in recovery after intense physical activity. ...
- **Saunas** Flush Toxins. ...
- Reduces incidences of Alzheimer's by 65% ...
- **Saunas** relieve stress. ...
- **Saunas** Can Induce a Deeper Sleep. ...
- **Saunas** Can Help Fight Illness. ...
- **Sauna** Cleanses The Skin.

These are the 10 most common benefits reported from massage therapy:

1. Reduce Stress. A relaxing day at the spa is a great way to unwind and de-stress. ...
2. Improve Circulation. ...
3. Reduce Pain. ...
4. Eliminate Toxins. ...
5. Improve Flexibility. ...
6. Improve Sleep. ...
7. Enhance Immunity. ...
8. Reduce Fatigue.



The Grounding Technique

When suffering from anxiety or a panic/anxiety attack.

Start by taking deep breaths and then find:

5 Things you can **SEE**.

4 Things you can **FEEL/TOUCH**.

3 Things you can **HEAR**.

2 Things you can **SMELL**.

1 Thing you can **TASTE**.

Created by: DyspraxicFantastic.com