



# 50 Aligned Life Rules for Leading with Presence & Purpose



*By Brittanni Hendricks | Leadership Coach | MBA*

1. Rise to the moment—stand when you greet someone.
2. Don't rush the first move in a negotiation.
3. If someone trusts you with their truth, protect it.
4. Return borrowed cars with a full tank—honor matters.
5. Bring your full heart or don't bring it at all.
6. Shake hands like you mean it. See people.
7. Travel solo at least once. Meet your whole self.
8. Accept the peppermint—small gestures matter.
9. Aging is a gift. So is wisdom.
10. Invite the new face to your table.
11. Write, read, delete, rewrite before texting in anger.
12. Protect peace at the table—no debates, just presence.
13. Write your goals. Clarity creates alignment.
14. Speak your truth with compassion and courage.
15. Call your people. Visit often.
16. Reflect on the past—don't live there.
17. Let loyalty and integrity lead.
18. Don't lend what you can't release.
19. Anchor in a faith that grounds you.
20. Start your day with a win—make your bed.
21. Sing in the shower. Let joy find you.
22. Grow something green. Be reminded to nourish.
23. Look up at the sky. Stay inspired.
24. Own your strengths. Use them with purpose.
25. Love your work—or leave it.
26. Ask for help—it's brave.
27. Pass on values. That's legacy.
28. Thank those who reach out—you don't know their effort.
29. Be the kind neighbor. Energy echoes.
30. Brighten someone's day—it always reflects back.

31. Stretch beyond your comfort zone.
32. Celebrate yourself—at least once a year.
33. Protect your wellness like your life depends on it.
34. Greet others with warmth. Energy enters first.
35. Speak with intention. Think with wisdom.
36. Be present—don't speak while chewing.
37. Show up well-groomed. Excellence is energy.
38. Only speak on what you know or live.
39. Don't tear others down. Build what's missing.
40. Live like today matters—because it does.
  
41. Don't overlook the power of silence.
42. Celebrate others—there's enough spotlight for all.
43. Stay humble. Confidence doesn't require a stage.
44. Remember where you came from.
45. Travel often. Let new places grow you.
46. Walk away from what steals your peace.
47. Dance in the rain. Play restores the soul.
48. Redefine success often. Make it yours.
49. Speak up for others. Stand for what's right.
50. Enjoy your own company. Peace begins within.

You don't have to do life fast or perfectly—you just have to do it on purpose.

Which one is your reminder today?