

## ***10 Other Commandments to Live By.***

- 1. You shall not worry, for worry is the most unproductive of all human activities.***
- 2. You shall not be fearful, for most of the things we fear never come to pass.***
- 3. You shall not carry grudges, for they are the heaviest of all life's burdens.***
- 4. You shall face each problem as it comes. You can only handle one at a time anyway.***
- 5. You shall not take problems to bed with you, for they make very poor bedfellows.***
- 6. You shall not borrow other people's problems. They can better care for them than you.***
- 7. You shall not try to relive yesterday for good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!***
- 8. You shall be a good listener, for only when you listen do you hear ideas different from your own.***
- 9. You shall not become "bogged down" by frustration, for 90% of it is rooted in self-pity and will only interfere with positive action.***
- 10. You shall count your blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.***