IF LIFE is a GAME, THESE are the RULES

Written by

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Ten Rules for Being Human

1) You will receive a body
2) You will be presented with lessons
3) There are no mistakes, only lessons
4) Lessons are repeated until learned
5) Learning does not end
6) “There” is no better than “here”
7) Others are only mirrors of you
8) What you make of your life is up to you
9) All the answers lie inside of you
10) You will forget all of this at birth
Rule 1: You will receive a body

You may love it or hate it, but it will be yours for the duration of your life on Earth

Acceptance
Self-Esteem
Respect
Pleasure
Acceptance

“I find that when we really love and accept and approve of ourselves exactly as we are, then everything in life works”

Louise Hay
Self-esteem

“No one can make you feel inferior without your consent.”

Eleanor Roosevelt
Rule 2: You will be presented with lessons

You are enrolled in a full-time informal school called “life.” Each day in this school you will have the opportunity to learn lessons. You may like the lessons or hate them, but you have designed them as part of your curriculum.

Openness
Choice
Fairness
Grace
Openness

“When experience is viewed in a certain way, it presents nothing but doorways into the domain of the soul”

Jon Kabat-Zinn
Fairness

“I cried because I had no shoes until I saw a man who had no feet”
Thank You !