

TEN COMMANDMENTS FOR A LONG & PEACEFUL LIFE

1. **Thou shalt not worry, for worry is the most unproductive of all human activity.**
2. **Thou shalt not be fearful, for most of the things we fear never come to pass.**
3. **Thou shalt face each problem as it comes. You can handle only one at a time.**
4. **Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.**
5. **Thou shalt not take problems to bed with you, for they make very poor bedfellows.**
6. **Thou shalt not borrow other people's problems. They can take better care of them than you can.**
7. **Thou shalt be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.**
8. **Thou shalt not try to relive yesterday for good or ill - it is gone. Concentrate on what is happening today.**
9. **Thou shalt not become bogged down by frustration, for 50% of it is rooted in self-pity and will only interfere with positive actions.**
10. **Thou shalt count thy blessings, never overlooking the small ones. A lot of small blessings add up to a big one.**

- Unknown