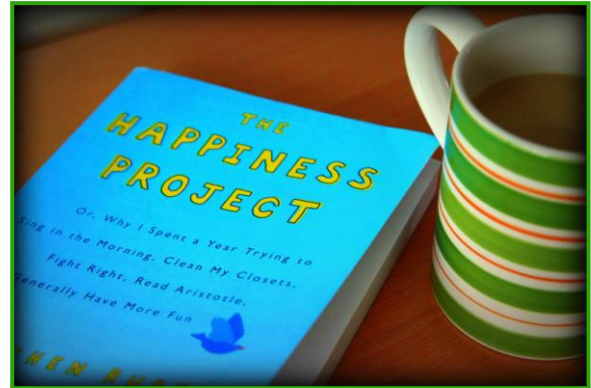


SOME RULES TO CONSIDER

Gretchen Rubin is the author of several books, including the No. 1 *New York Times* and international best-seller *The Happiness Project*. She writes about the year she spent “test-driving the wisdom of the ages, the current scientific studies, and the lessons from popular culture about how to be happier.”

She wrote her own 12 Personal Commandments – “the overarching principles by which I try to live my life.”



The following is a list inspired by *The Happiness Project*:

1. Take it easy.
2. Believe in love.
3. Be yourself.
4. Handle your responsibilities.
5. Exercise understanding.
6. Face your fears.
7. Leave worries behind.
8. Live honestly.
9. Behave positively.
10. Open your heart and mind.
11. Share your time, attention and talents with others.
12. Find the silver linings.

After reading the list, you may want to write your own. Each person’s list will be different, depending on your values, your strengths, your weaknesses and your interests. For example, at the top of my list would be: Establish a relationship with Jesus Christ.

And review your list from time to time. You may want to change them as circumstances evolve; and looking at them occasionally keeps them fresh in your mind.

– Beecher Hunter