The Paradoxical Commandments

The Paradoxical Commandments is the title of both a poem and a book written by Dr. Kent M. Keith, and these works have spread around the world. Keith said he wrote the poem in 1968 as part of a booklet for student leaders, and two decades later, he expanded on the themes of the poem in a book entitled *Anyway: The Paradoxical Commandments: Finding Personal Meaning in a Crazy World.*

On his website, Dr. Keith states that *The Paradoxical Commandments* "have been put on walls and refrigerator doors, featured in speeches and articles, preached from pulpits, and shared extensively on the Web. They have been used by business leaders, military commanders, government officials, religious leaders, university presidents, social workers, teachers, rock stars, parents, coaches and students." Mother Teresa put them up on the wall of her children's home in Calcutta. Here they are:

The Paradoxical Commandments

By Dr. Kent M. Keith

People are illogical, unreasonable, and self-centered. **Love them anyway.**

If you do good, people will accuse you of selfish ulterior motives. **Do good anyway.**

If you are successful, you will win false friends and true enemies. **Succeed anyway.**

The good you do today will be forgotten tomorrow. **Do good anyway.**

Honesty and frankness make you vulnerable. **Be honest and frank anyway.**

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. **Think big anyway.**

People favor underdogs but follow only top dogs. **Fight for a few underdogs anyway.**

What you spend years building may be destroyed overnight. **Build anyway.**

People really need help but may attack you if you help them. **Help people anyway.**

Give the world the best you have and you'll get kicked in the teeth. **Give the world the best you have anyway.**

And there you have them: some important principles to live by – in Life Care, Century Park and Life Care at Home, as well as in every phase of our lives.

– Beecher Hunter