

"Ten Commandments"

friendly advice for you and me

- 1 Recognize no power higher than your own good conscience.
- 2 Every person is fallible, therefore worthy of respect but not idolatry.
- 3 Curse judiciously.
- 4 Read, reflect, & try not to touch your phone one day a week.
- 5 Don't waste your life; each of us is vulnerable to die in an instant.
- 6 God frowns on the cycle of human-inflicted, preventable violence.
- 7 Nobody likes a cheater.
- 8 Use your best judgment when it comes to stealing.
- 9 Take a stand only if you intend to tell the truth.
- 10 What's yours is yours. What's someone else's, isn't.

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DESIDERATA

lessons for living well
by max ehrmann

- 1 Go placidly amid the noise and haste.
- 2 As much as possible, be on good terms with all persons.
- 3 Speak your truth quietly and clearly. Listen to others.
- 4 Avoid those who speak loudly or act with aggressive intent.
- 5 Enjoy your achievements as much as the planning and dreaming.
- 6 Keep interested in your career, however humble and slow-paced.
- 7 Exercise caution in business affairs.
- 8 Be yourself. Don't feign affection.
- 9 Take kindly the counsel of elders.
- 10 Surrender gracefully the trappings of youth.
- 11 Nurture strength of spirit to shield you in times of misfortune.
- 12 Be gentle with yourself. Be cheerful. Strive to be happy.

Remember, you're a child of the universe no less than the trees and the stars:
you have a right to be here.