

Rules of life for success, happiness and contentment

1

A natural, reasonable life

I question my actions: Is what I am doing really according to nature? Is it reasonable?



Goals, measures, action

2

What are my ten most important goals in life? What actions are required to achieve these goals? Successful people are distinguished from others by their actions. They do something. That's why I tackle my carefully formulated goals with everything I've got.

3

The right mindset

I take full responsibility for my life and always focus on the important things. I am optimistic, disciplined, organized and show full commitment in what I do. I am creative, always developing new ideas.



Humanity

4

I think very carefully about who I want to be, that is, what values guide my actions in every conceivable situation and thus shape my character. When I am honest, just, prudent, consistent and generous in my thoughts, words and actions, I make this world a better place.

5

Wisdom

Education and knowledge are my key to success, happiness and contentment.



6

Self-control



If I control myself, avoid extremes and get my emotions under control, this is a very decisive factor for a successful life. Through self-control I achieve inner balance.

7

Courage / Bravery

Only by regularly pushing my own personal boundaries can I gain new experiences. This brings me selfconfidence, independence and freedom.



8

A systematic approach to suffering

The cause of all suffering is our desire. When I detach myself from desire by accepting reality as it is, I free myself from suffering. The magic word in this context is "letting go". If I focus solely on the now and thus on the current process, I leave bad experiences of the past behind and do not unnecessarily deal with unlaidd eggs.



9

The right inner attitude

My happiness does not depend on external circumstances, but on how I perceive the circumstances, how I classify them and react to them. The right inner attitude provides for happiness and balance.



10

Silence

I always have the opportunity to retreat into my innermost self in order to re-ground and to orientate myself

