



*Because I Love You™*

Parent and Youth Support Groups

## THE TEN LAWS OF LIFE

1. You either get it or you don't. You create your own experience.
2. People do what works. You cannot change what you do not acknowledge.
3. Life rewards action.
4. There is no reality: only perception.
5. Life is managed: It is not cured.
6. We teach people how to treat us.
7. There is power in forgiveness.
8. You have to name it before you can claim it.
9. Instead of asking whether the way you are living, behaving, and thinking is "right", I want you to ask if the way you are living, behaving and thinking is working or not working. I suggest that if what you are choosing is not working, that by itself tells you that those things are worthy of change. This ought to make perfect sense - - unless, of course, you're more concerned about being right than about being successful. You've been right long enough; try being a winner instead. Reach, in a strategic way, for something better.
10. You have both the capacity and the right to do so.

All the above by:

*Phillip c. McGraw, Ph.D.*

*"Life Strategies: Doing What Works, Doing What Matters"*

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*We trust you will find the information you received from our Reference Library to be helpful.*

*We offer a Parenting Skills book explaining our philosophies called "The Program". The cost of the book is \$12.00 (English and Spanish) and your payment is 100% tax deductible. (Please specify language in your order)*

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