

The Rules Only You Follow

Looks at the standards you hold yourself to and would never hold anyone else to.

WHEN TO USE THIS

Use this when you notice you get no slack, and everyone else does.

What rules do you hold yourself to? Write them the way your head says them.

Never let anyone down. Always be the one who copes.

1. _____
2. _____
3. _____
4. _____

Take each rule. Would you hold a friend to it?

THE RULE

FOR THEM TOO?

_____	_____
_____	_____
_____	_____
_____	_____

Where did the strictest one come from? Who taught it to you?

Pick one rule. What would a gentler version of it sound like?

Rules made for a harder time can outstay the time that made them.