

The Rules You Live By

Find the rules you never agreed to, and see whether they still earn their place.

WHEN TO USE THIS

Use this when you feel like you are failing at something nobody asked of you.

Most of us carry rules we never signed up for. They often start with I should, I have to, or I must.

Write down three of your rules.

Start each one with I should, I have to, or I must.

1. _____
2. _____
3. _____

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

What happens inside you when you break it?

How would you rewrite it so it fits the life you have now?

Try: I would like to... or It helps when I...

A rule you can look at is a rule you get some say in.