

Name

# The Second Ten Commandments

## by Susan Smith

1. Don’ t worry, for worry is the most unproductive of all human activities.
2. Don’ t be fearful, for many of the things we fear never come to pass.
3. Don’ t cross bridges before you come to them, for no one yet has succeeded in accomplishing this.
4. Do face each problem as it comes. You can only handle one at a time anyway.
5. Don’t take problems to bed with you, for they make very poor bedfellows.
6. Don’t borrow other people’s problems. They can better care for them than you can.
7. Don’t try to relive yesterday for good or ill, it is forever gone. Concentrate instead on what is happening in your life now.
8. Do be a good listener, for only when you listen do you hear ideas different from your own. It is hard to learn something new when you are talking.
9. Don’t get “bogged down” by frustration, for it will only interfere with positive action.
10. Do count your blessings, never overlook the small ones, for a lot of small blessings add up to a big one.