

## Instructions for life from the Dalai Lama:

When you lose, don't lose the lesson.

Follow the three R's: Respect for self, respect for others, responsibility for all your actions.

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Don't let a little dispute injure a great friendship.

When you realize you've made a mistake, take immediate steps to correct it.

Spend some time alone every day.

Open your arms to change, but don't let go of your values.

Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.

Be gentle with the earth.

Remember that the best relationship is one in which your love for each other exceeds your need for each other.

Judge your success by what you had to give up in order to get it.