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- 1** *This is it! There are no rehearsals or preparations. Your life is on and running.*

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  - 2** *There is no way that you can get everything that you want. You may satisfy some of your needs, but you will always feel some dissatisfaction.*

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  - 3** *You cannot completely control or own anything, particularly people. Everything is temporary and everything changes. Get used to change.*

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  - 4** *Nobody is stronger or weaker than anybody else. We are all made up of a collection of strengths and weaknesses.*

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  - 5** *All important decisions are made on the basis of limited information. Everything has an element of risk.*

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  - 6** *All life's important battles and conflicts are fought within ourselves.*

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  - 7** *You are responsible for everything that you do. All excuses are unacceptable.*

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  - 8** *We all make mistakes; we are all selfish, cheating, vain, greedy and tell lies. We are all human. Nobody is perfect. Learn to forgive yourself and accept your humanness.*

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  - 9** *We are all free to do whatever we like; all we have to do is face the consequences.*

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  - 10** *The world is not always just or fair. Being good offers no guarantee of a happy outcome.*

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