

The Twelve Laws of Life

Introduction

1. You, alone, are responsible for your behavior, and only your behavior.
2. You get more of what you reward.
3. You cannot motivate anyone else.
4. What you focus on grows.
5. Happiness is produced, not found.
6. What you think determines what you feel.
7. Life is not fair. *Accept it, stop whining about it, and refer to Law # 1.*
8. Envy cripples you.
9. You can have, do, or be anything you want *if* you are willing to pay the price.
10. All things can work to the good.
11. Your point of power is in the present moment.
12. What you choose lives on.

Epilogue

Introduction

For the past 25 years I have worked with individuals, couples, families, for-profit and non-profit organizations of all types and sizes, and a variety of church organizations of different denominations. As I have worked with each, I have seen individuals struggle continually with very similar issues—the same ones you and I deal with daily. Individual people then take the things they are struggling with on their own into all their relationships: personal, professional, social, and religious. Since organizations of all types, including families, are just collections of individual people, they too run into the same problems with which the individuals who compose them contend.

It has seemed to me that the much of the struggling behavior is because far too many people act as if they lack some basic or fundamental wisdom about how human life and human beings operate. It is almost as if many of us did not have basic “grandparent wisdom” taught to us early on or, if we did, we aren’t using it. In businesses, churches, social organizations, marriages, parenting, relationships, etc. too many people continue to stumble over the same basic issues that might not have tripped us if we understood and applied the fundamental laws of life our grandparents (and parents) should have taught us. Sadly, our parents and grandparents, themselves, might not have received the information either and so could not pass on to us what they, themselves, did not have to give.

I have never been quite sure if the problem is that people *do not know* these “laws of life”, that they know them *but don’t act on* what they know or, if they have some level of knowledge about them, that they *think that the laws somehow don’t apply to them*. The net effect, however, is the same. People keep wasting lots of their time, effort, energy, and never really seem to achieve what they could if they deeply understood the laws that govern life and behave in keeping with these principles instead of trying to fight them. I have written this book in the hope that, by describing *some* of the most important “laws of life” and clearly indicating very specific things people can do to change their behavior to flow with rather than against each law, I can offer help to those whom I would not otherwise have ever met.

If even one person who reads this understands just one of these laws and changes even one behavior to get more of what s/he wants out of life, then I will have succeeded. That is my hope for you...and for me.