

# Seven Golden Rules of Life

One fine day actually not a fine day but the best day of my life – my 18<sup>th</sup> 'Birth' day my grandfather gave me the best gift of my life – not a material thing but seven golden rules to live a happy life. And happiness is all that a man needs.

First, to the one who believes, every success is a blessing every failure is a help. Just like u could catch the ball even though you are missing one finger. You can catch hold of life in a wonderful way even though you failed one chance.

Disappointments are just God's way of saying: "I've got something better." Be patient, live life, have faith.

Life is meant to be enjoyed. It's a gift. Stop worrying about being perfect, doing everything right, and achieving 'success,' and start living. When you focus on your journey, life is so much more beautiful, and it will allow you to appreciate the victory so much more.

Second, never be afraid of what they say. "They" exist only in your fears and imagination. What you do is the thing that counts. Do what you regard as right. Do it in the living presence of God. And say to yourself, "They say. What do they say? Let them say!"

Third, Life consist of two days, one for you and one against you. So when it's for you don't be reckless, and when it's

against you be patient, for both days are test for you. Replace “why is this happening to me?” with “what is this trying to telling me?”

Fourth, do not run after material things. You think you possess things. In truth, you are possessed by them. The more you have, the less is your freedom. Never surrender your freedom and always enjoy life as it comes.

Fifth, one minute of anger weakens the immune system for 4 to 5 hours. One minute of laughter boost the immune system for 24 hours. So laugh as often as you can. And always laugh at yourself first, before others do. Watch yourself in a spirit of detachment: and don't be afraid to own your faults and failings.

Sixth, pay attention to whom your energy increases and decreases around, because that's the universe giving you a hint of who you should embrace or stray from. Love yourself, be clear on how you want to be treated. Know your worth always.

Seventh, lastly anything's possible if you've got enough nerve. Never give up on your dreams. Turn your decades into days—experiment in life, take big challenges, take responsibilities, commit and deliver.

THANK YOU

