



Instructions for Life

by the Dalai Lama

- 🌿 Take into account that great love and great achievements involve great risk.
 - 🌿 When you lose, don't lose the lesson.
 - 🌿 Follow the three Rs: Respect for self, Respect for others, and Responsibility for all your actions.
 - 🌿 Remember that not getting what you want is sometimes a wonderful stroke of luck.
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- 🌿 Learn the rules so you know how to break them properly.
 - 🌿 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.
 - 🌿 Remember that silence is sometimes the best answer.
 - 🌿 Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
 - 🌿 A loving atmosphere in your home is the foundation for your life.
 - 🌿 In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
 - 🌿 Share your knowledge. It's a way to achieve immortality.
 - 🌿 Be gentle with the earth.
 - 🌿 Once a year, go someplace you've never been before.
 - 🌿 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.
 - 🌿 Approach love and cooking with reckless abandon.