

## June 2009: Dalai Lama's 18 rules for living

At the start of the new century the Dalai Lama apparently issued eighteen rules for living. We can apply these rules to our businesses to make them prosper and grow. Here they are.

1. Take into account that great love and great achievements involve great risk. (Nothing great has ever been achieved by staying in your own comfort zone)
2. When you lose, don't lose the lesson. (Disappointments are lessons to teach us how to improve)
3. Follow the three Rs:
  - Respect for self
  - Respect for others
  - Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it. (Take responsibility too many people hide behind "it's not my mistake, or it's the computers fault, or its not my job")
8. Spend some time alone every day. (solitude helps us reflect on what we did right and wrong)
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honourable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other. (Creating a friend is far more important than just creating a customer)
18. Judge your success by what you had to give up in order to get it. (All successful people practice discipline to achieve their goals, what they gave up to achieve)



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### Testimonials

"Very Well presented, I enjoyed the topic and I felt I learnt a lot from your talk, Interesting" - Leith Friebe, Smallacombe Real Estate

"Very thought provoking" - Tim Wilson, FMG Consulting

"Thank you for your time this morning, I think you raised some every good points and have highlighted some areas of my business that I need to priorities take a look at." - Adam Jackson - Aussie Home Loans