

A misty forest path with red leaves. The path is covered in a thick layer of fallen red leaves, leading into a dense forest of tall, thin trees. The air is misty, and the trees are covered in red leaves, suggesting an autumn setting. The path leads towards a bright light in the distance, creating a sense of hope and direction.

10

Laws

Make Life Happy!

Life is uncertain. Everybody gets hit by problems, frustration, pain and failure. You have to get up every time, keep going and not look back. Hit it back hard with all the energy you have got. Remember these 10 laws, in case you get distracted by problems and failures. These will help you survive through the storm.

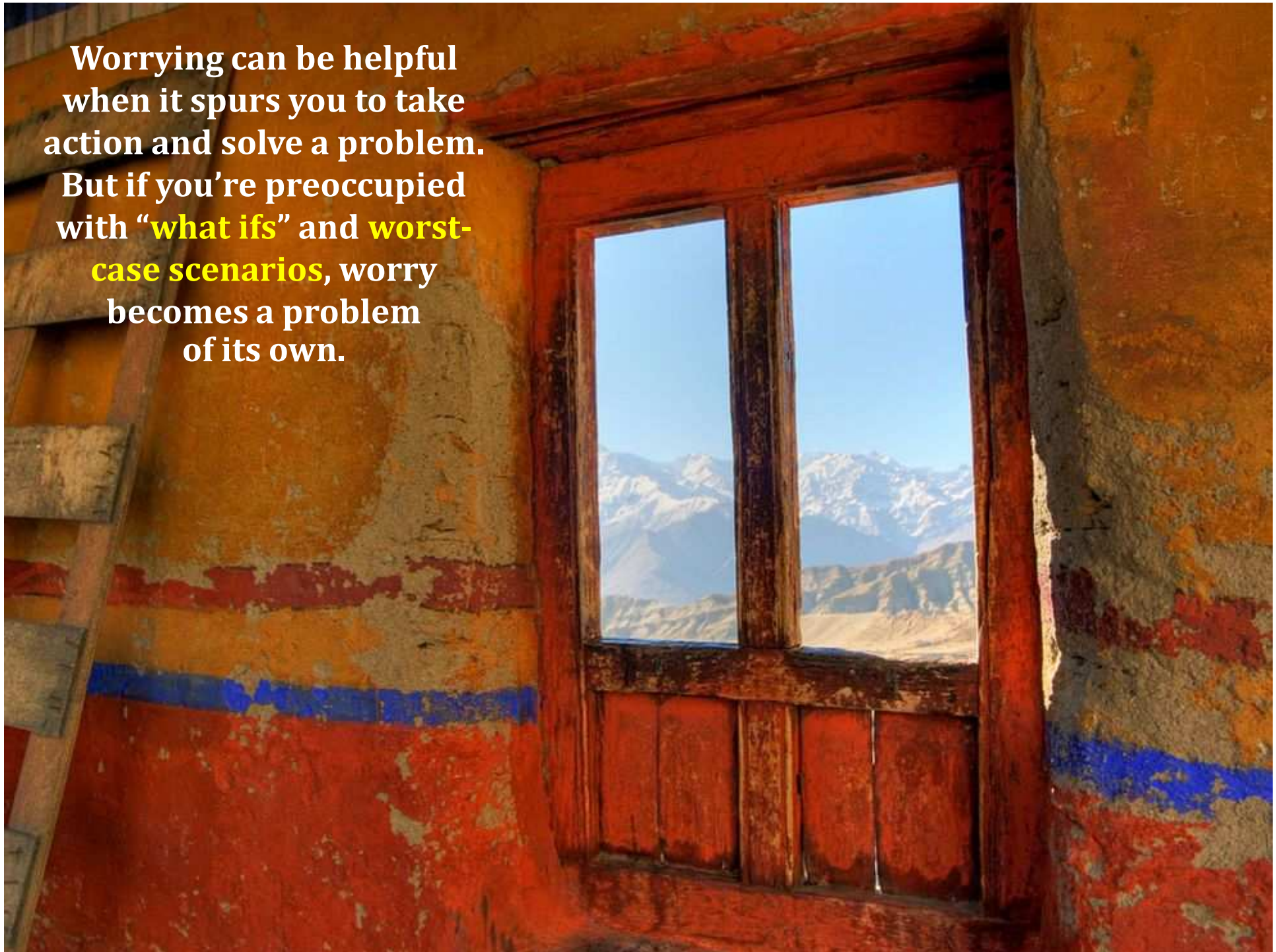


Law # 1 : You shall not worry, for worry is the most unproductive of all human activities.

Unrelenting doubts and fears are paralyzing, not motivating or productive. They sap your emotional energy, send your anxiety levels soaring, and interfere with your day-to-day life—all this with no positive payoff!



Worrying can be helpful
when it spurs you to take
action and solve a problem.
But if you're preoccupied
with "**what ifs**" and **worst-
case scenarios**, worry
becomes a problem
of its own.

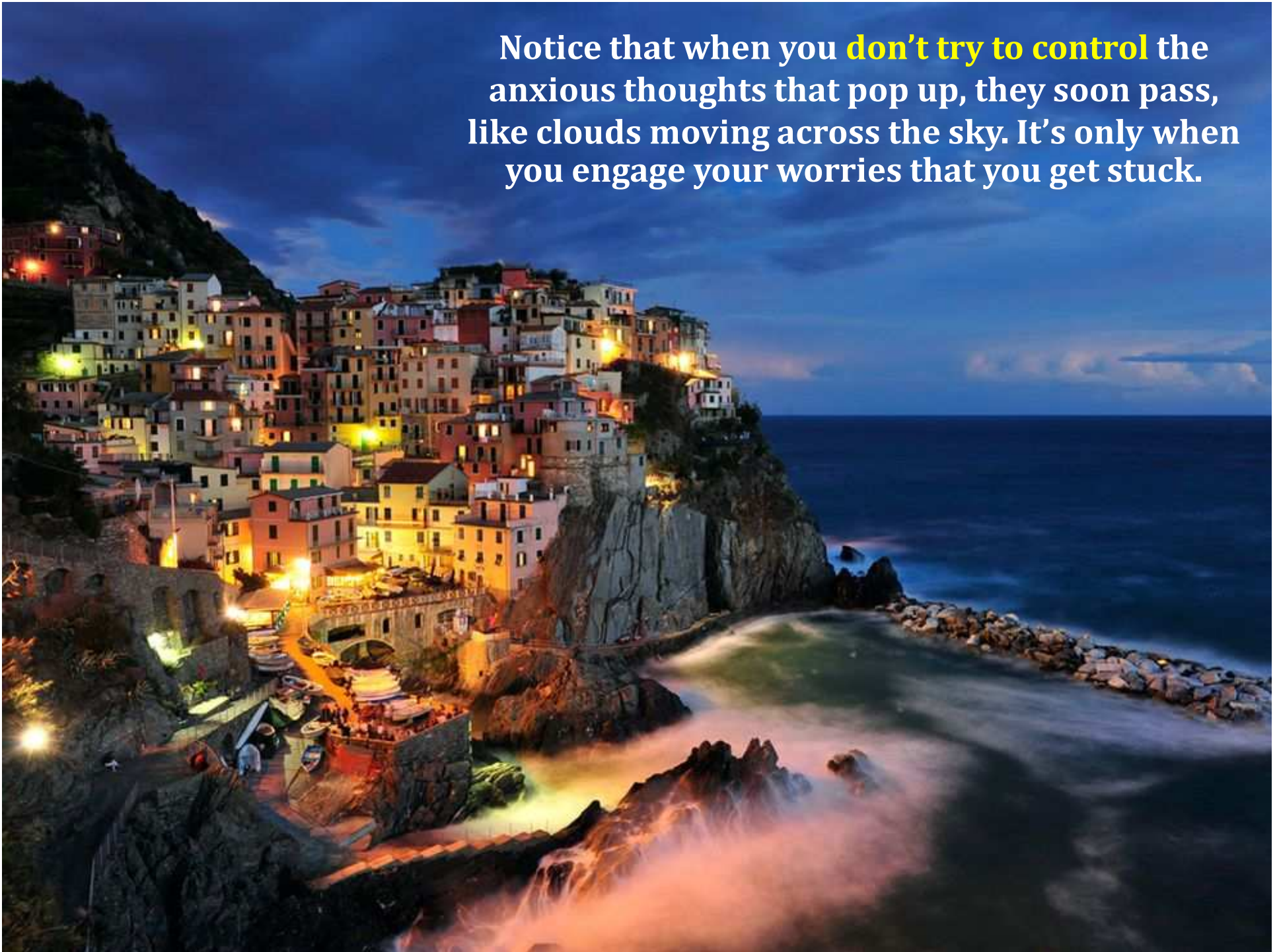


Law # 2 : You shall not be fearful, for most of the things we fear never come to pass.

In order to stop worry and anxiety for good, you must give up your belief that worrying serves a positive purpose. Once you realize that worrying is the problem, not the solution, you can regain control of your worried mind.



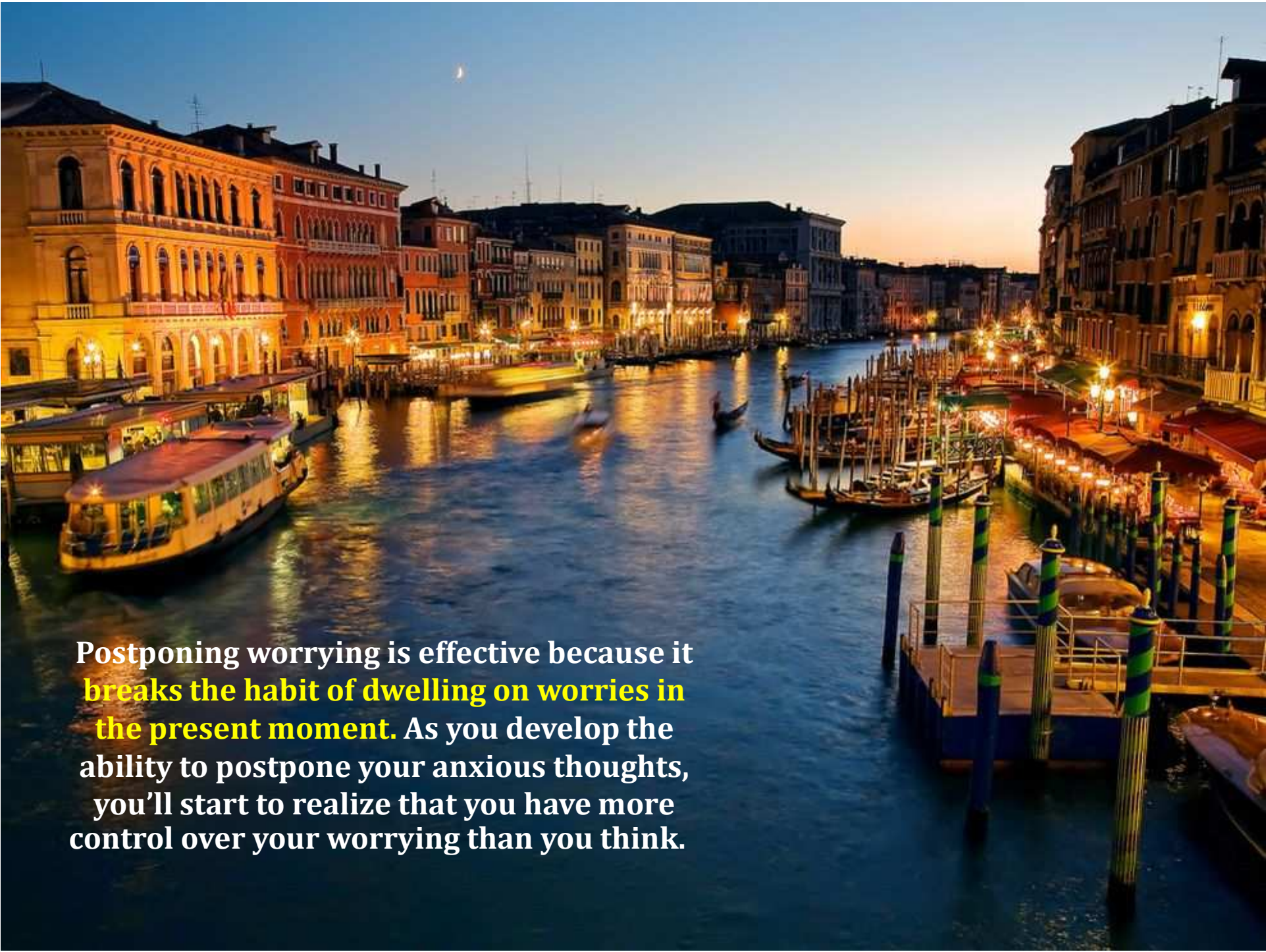
Notice that when you **don't try to control** the anxious thoughts that pop up, they soon pass, like clouds moving across the sky. It's only when you engage your worries that you get stuck.



Law # 3 : You shall not cross bridges before you come to them, for no one yet has succeeded in accomplishing this.

Remind yourself that you'll have time to think about it later, so there's no need to worry about it right now. Save it for later and continue to go about your day.



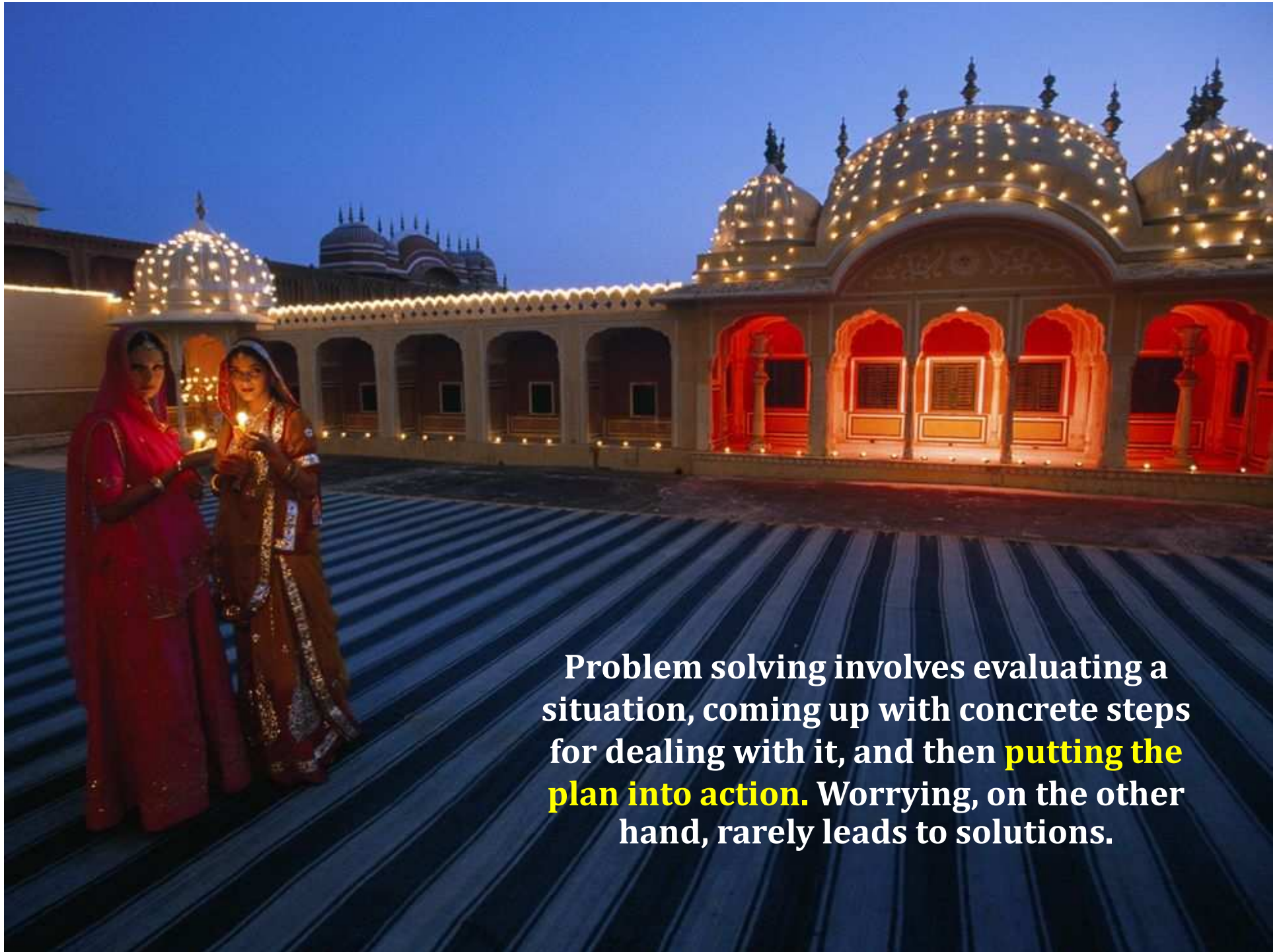


Postponing worrying is effective because it **breaks the habit of dwelling on worries in the present moment.** As you develop the ability to postpone your anxious thoughts, you'll start to realize that you have more control over your worrying than you think.

Law # 4 : You shall face each problem as it comes. You can only handle one at a time anyway.

Try not to get too hung up on finding the perfect solution. Focus on the things you have the power to change, rather than the circumstances or realities beyond your control. After you've evaluated your options, make a plan of action. Once you have a plan and start doing something about the problem, you'll feel much less worried.





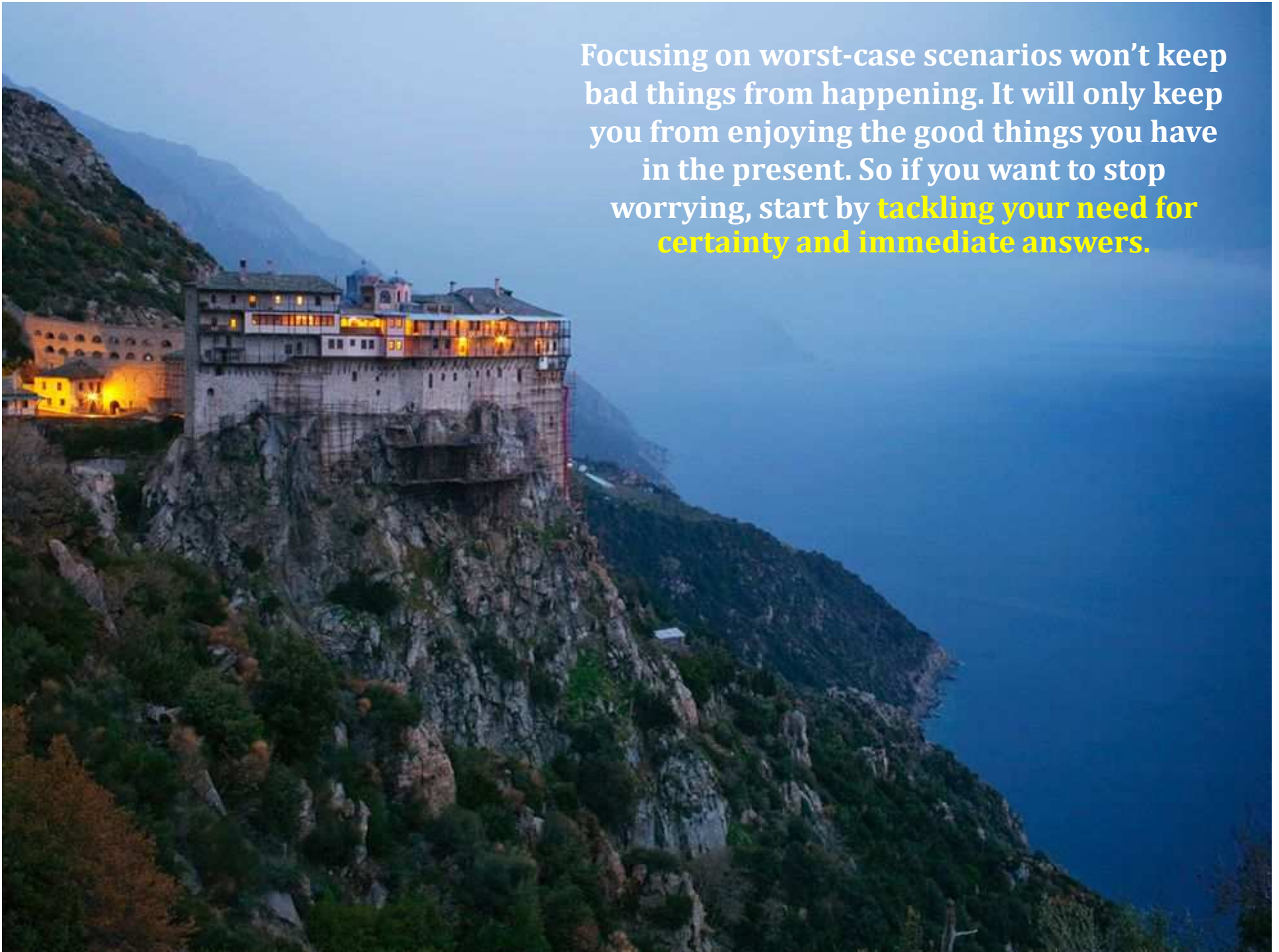
Problem solving involves evaluating a situation, coming up with concrete steps for dealing with it, and then **putting the plan into action**. Worrying, on the other hand, rarely leads to solutions.

Law # 5 : You shall not take problems to bed with you, for they make very poor bedfellows.

But as long as you can accept your feelings as part of being human, you'll be able to experience them without becoming overwhelmed and learn how to use them to your advantage.



Focusing on worst-case scenarios won't keep bad things from happening. It will only keep you from enjoying the good things you have in the present. So if you want to stop worrying, start by **tackling your need for certainty and immediate answers.**



Law # 6 : You shall not borrow other people's problems. They can better care for them than you can.

Is there someone in your life who drags you down or always seems to leave you feeling stressed? Think about cutting back on the time you spend with that person or establish healthier relationship boundaries.



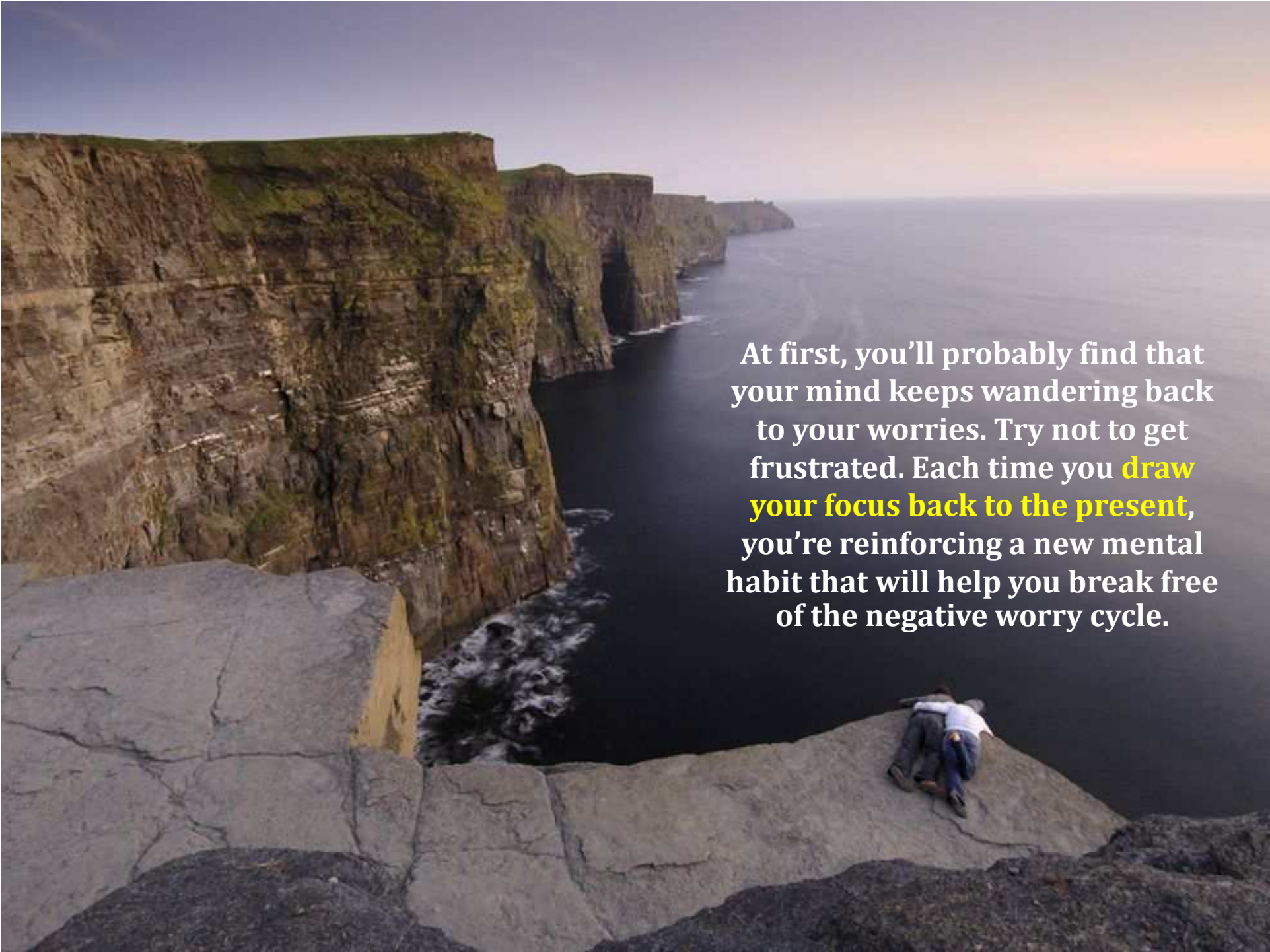
Choose your confidantes carefully. Know who to talk to about situations that make you anxious. Some people will help you gain perspective, while others will feed into your worries, doubts, and fears.



Law # 7 : You shall not try to relive yesterday for good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!

Stay focused on the present. Pay attention to the way your body feels, the rhythm of your breathing, your ever-changing emotions, and the thoughts that drift across your mind. If you find yourself getting stuck on a particular thought, bring your attention back to the present moment. Be happy!!!



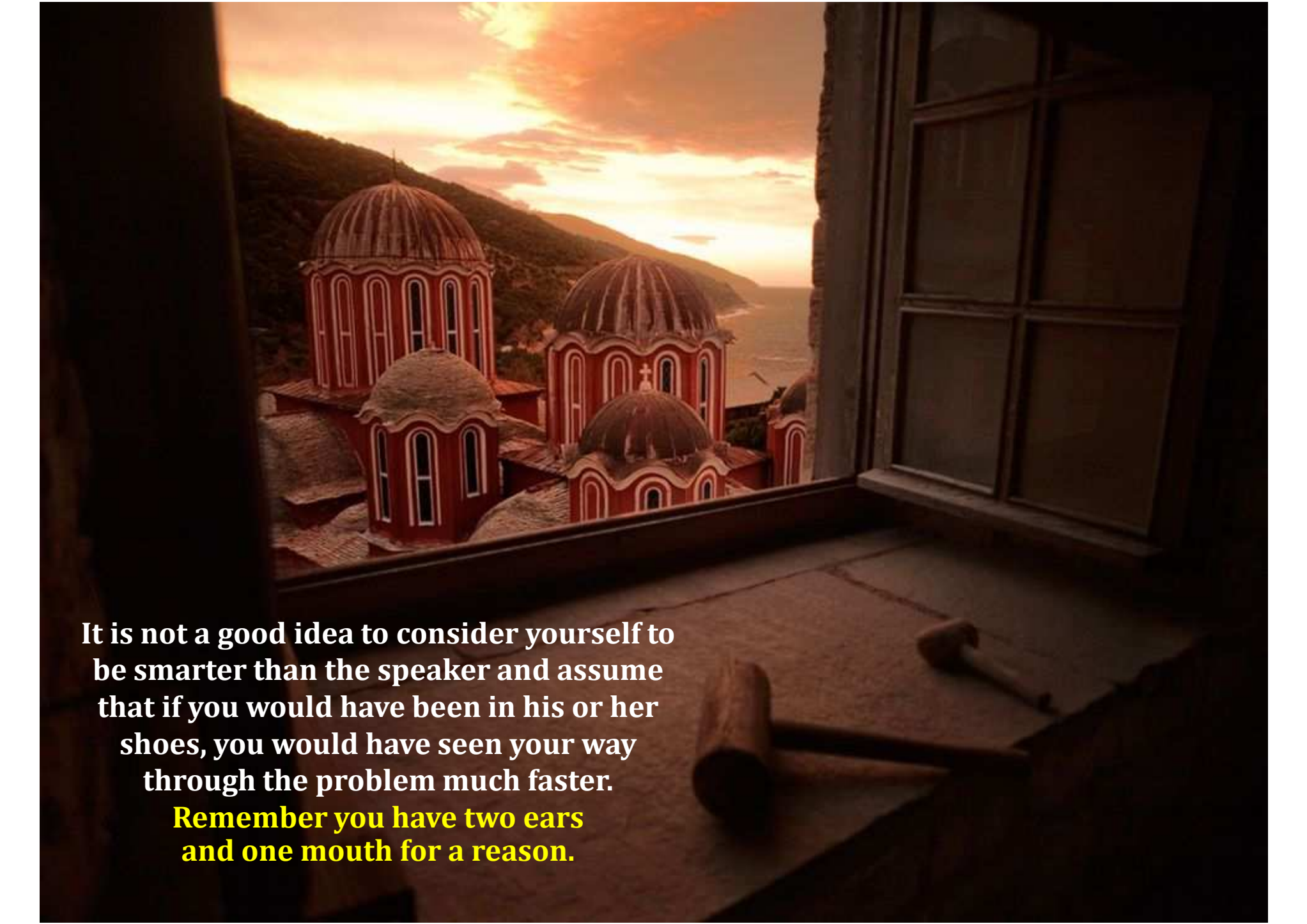
A photograph of a person sitting on the edge of a high, rocky cliff, looking out over a vast ocean under a soft, hazy sky. The cliff face is rugged and layered, with some greenery on top. The person is wearing a white shirt and dark pants, sitting with their back to the camera. The ocean is dark and calm, stretching to the horizon. The sky is a mix of light blue and orange, suggesting sunrise or sunset.

At first, you'll probably find that your mind keeps wandering back to your worries. Try not to get frustrated. Each time you **draw your focus back to the present**, you're reinforcing a new mental habit that will help you break free of the negative worry cycle.

Law # 8 : You shall be a good listener, for only when you listen do you hear ideas different from your own. It is hard to learn something new when you are talking, and some people do know more than you do.

Being a good and patient listener helps you not only solve many problems at work or home, but also to see the world through the eyes of others. In addition, you learn a lot from listening.



A photograph taken from a balcony or window, looking out at a red-domed church with multiple domes and arched windows. The church is situated on a hillside overlooking the ocean. The sky is filled with warm, orange and yellow clouds, suggesting a sunset or sunrise. The foreground shows the dark interior of the balcony and a large window frame on the right.

It is not a good idea to consider yourself to be smarter than the speaker and assume that if you would have been in his or her shoes, you would have seen your way through the problem much faster.

Remember you have two ears and one mouth for a reason.

Law # 9 : You shall not become “bogged down” by frustration, for 90% of it is rooted in self-pity and will only interfere with positive action.

When you know you feel frustrated, which feels terrible, you feel like there are no solutions. It is not the truth. Frustration is caused by forgetting the truth of who you are. You are a wondrous and marvelous creation. You were created to do your best in each moment.



A surreal image featuring a doorway set into a wall of peeling blue paint. The doorway is framed by a light-colored wooden border. Inside the doorway, a sandy landscape with dunes is visible, illuminated by a warm, golden light. The sand appears to be flowing or blowing through the doorway. The overall atmosphere is dreamlike and evocative.

Sometimes our desires are so strong, we want something so badly, we can taste it. In this moment we get to choose to release the tension and frustration and **allow the energy of the Universe to fill us, lift us and draw wonderful things to us.**

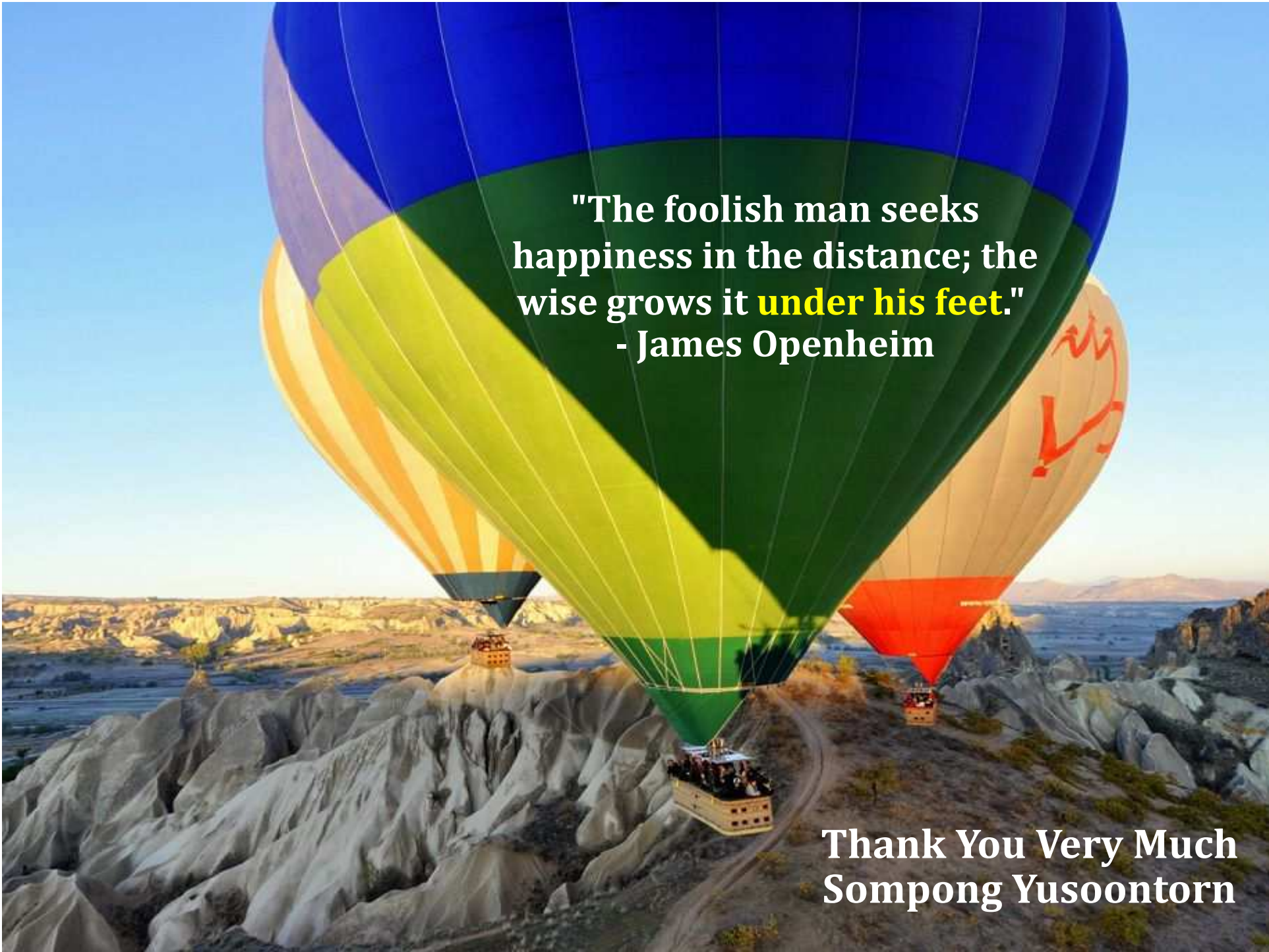
Law # 10 : You shall count your blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Counting your blessings, instead of the losses and focusing on the positive aspects of life can help in shifting attitudes and life challenges.



Count your blessings by **smiles, not fears.**
Count your age by friends, not years.



A large hot air balloon with blue, green, and yellow sections is the central focus, floating over a rugged, rocky landscape. Other hot air balloons are visible in the background, including one with orange and white stripes and another with red and white. The scene is set during sunrise or sunset, with a clear sky and distant mountains.

"The foolish man seeks
happiness in the distance; the
wise grows it **under his feet**."
- James Openheim

Thank You Very Much
Sompong Yusoontorn