



Colorado Lawyer Assistance Program

RULES FOR BEING HUMAN

- 1) **You will receive a body:** You may like it or hate it, but it will be yours for the entire period this time around.
- 2) **You will learn lessons:** You are enrolled in a full-time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lesson or think them irrelevant and stupid. The choice is yours.
- 3) **There are no mistakes, only lessons:** Growth is a process of trial and error experimentation. The “failed” experiments are as much a part of the process as the experiment that ultimately “works”.
- 4) **A lesson is repeated until learned:** A lesson will be presented to you in various forms until you have learned it. When you have learned, you can then move on to the next lesson.
- 5) **Learning lessons does not end:** There is no part of life that does not contain its lesson. If you are alive and reading this, there are lessons to be learned.
- 6) **“There” is not better than “here”:** When your “there” has become “here”, you will simply obtain another “there” that will again, look better than “here”.
- 7) **Others are merely mirrors of you:** You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
- 8) **What you make of your life is up to you:** You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
- 9) **Your answers lie inside you:** The answers to life’s questions lie inside of you. All you need do is look, listen, and trust.
- 10) **YOU WILL FORGET ALL THIS.....**

For confidential assistance in coping with professional stress or burnout,
contact COLAP at 303.986.3345 or toll free at 1.855.208.1168.