The Ten Laws Of Life

By Phillip C. McGraw, Ph.D. "Life Strategies: Doing What Works, Doing What Matters"

- 1. You either get it or you don't. You create your own experience.
- 2. People do what works. You cannot change what you do not acknowledge.
- 3. Life rewards action.
- 4. There is no reality, only perception.
- 5. Life is managed, It is not cured.
- 6. We teach people how to treat us.
- 7. There is power in forgiveness.
- 8. You have to name it before you can claim it.
- 9. Instead of asking whether the way you are living, behaving, and thinking is "right", I want you to ask if the way you are living, behaving and thinking is working or not working. I suggest that if what you are choosing in not working, that by itself tells you those things are worthy of change. This ought to make perfect sense . . . unless, of course, you are more concerned about being right than about being successful. You have been right long enough, try being a winner instead. Reach, in a strategic way, for something better.
- 10. You have both the capacity and the right to do so.

