

# 10 Life Hack Commandments

1. Thou shalt not seek approval from others.
2. Thou shalt not be judgmental towards oneself and others.
3. Thou shalt not seek outside of oneself but to look inward for answers.
4. Thou shalt not apologize for one's feelings.
5. Thou shalt not speak of ill of oneself and others.
6. Thou shalt forgive oneself and others.
7. Thou shalt take time for oneself to rest.
8. Thou shalt say "No" and mean it.
9. Thou shalt receive and give.
10. Thou shalt know that one is loving, lovable and worthy of love and abundance.