

# The First Rules of Life

## HOPE

After a daily dose of the morning papers, afternoon talk shows, and evening news programs, you soon come to realize that there's no shortage of sad stories. The problem is that the media are flooded with them. In putting together this paper, my goal is to fill its pages with inspiring stories, amusing anecdotes, and wise quotes that will give you hope.

Hope provides inspiration, ignites action, and action produces positive change. We hope you'll find these stories, anecdotes, and quotes do good that you'll want to pass them on to others. So whether you're...

- A parent who needs to inspire you kids
- A boss who needs to motivate your employees
- A teacher who needs to empower your students or
- A husband or wife who needs to encourage your partner...

It all begins with hope, and this paper can help keep hope alive.

Mike Legarza

## SELF IMPROVEMENT

### THE FIRST TWO RULES OF SELF-IMPROVEMENT

- #1. It will be difficult
- #2. It will be worth it.

### THE FIRST RULE OF HOW TO OVERCOME PROCRASTINATION

See Nike's First Rule

### NIKE'S FIRST RULE

Just do it.

### GHANDI'S FIRST RULE OF CHANGE

You must be the change that you wish to see in the world.

### THE FIRST RULE OF ACHIEVEMENT

Your don't have to feel good to do good.

## TIME

### THE FIRST RULE OF TIME MANAGEMENT

*Make* the time because you'll never *find* the time.

### THE OTHER FIRST RULE OF TIME MANAGEMENT

It always takes less time to do it right than it does to do it over.

### THE FIRST RULE OF HOW TO HAVE MORE TIME FOR YOURSELF

Learn how to say "no" to others.

### THE FIRST RULE OF PUNCTUALITY

Never be on time. Be early.

### BENJAMIN FRANKLIN'S FIRST RULE OF A LIFETIME

Dose thou love live? Then do not squander time, for that's the stuff life is made of.

## HAPPINESS

### THE FIRST RULE OF HAPPINESS

Don't seek happiness, create it!

### THE OTHER FIRST RULE OF HAPPINESS

Happiness is wanting what you have, not having what you want.

### THREE MORE RULES OF HAPPINESS

The three essentials of happiness are:

- #1. Something to do.
- #2. Something to love.
- #3. Something to look forward to.

### THE FIRST RULE OF LAUGHTER

Be able to laugh at yourself.

### FROSTY WESTERING'S FIRST RULE

You don't have a great day. You make it a great day.

## EXCELLENCE

### THE FIRST RULE OF EXCELLENCE

Excellence doesn't just happen, it is a decision you make every day.

### LOMBARDI'S FIRST RULE

The harder you work, the harder it is to surrender.

### EMERSON'S FIRST RULE

Our chief want in life is somebody who shall make us do what we can.

### ED AGRESTA'S FIRST RULE

Don't count the days, make the days count.

### JOHN WOODEN'S FIRST RULE OF SUCCESS

The only person who can ultimately judge the level of success is you. Success is doing your best-period!



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## THE 15-MINUTE RULE

SHE WAS A VIBRANT PICUTE of health and an inspiring speaker. The audience was stunned to see a slide of her when she was morbidly obese. She had lost 125 pounds. She spoke about how diet and exercise saved her life. During the question-and-answer session, a middle-aged man asked her what she did when she wanted to go off her diet and when she didn't feel like exercising.

"Let me tell you one of my secrets," she said. "I call it the '15-Minute Rule.' When I crave something I shouldn't eat, I tell myself, 'I can eat that, but I have to wait 15-minutes.' Invariably something happens in that 15 minutes to get my mind off food. I get a call, I get an e-mail, or someone stops by to visit. Sometimes, believe it or not, nothing happens, but the craving goes away on its own anyway."

"As for exercise, whenever I don't want to work out, I have a little negotiation session with myself. I tell myself that I'll work out for 15 minutes and then ill renegotiate. Ninety percent of the time, that 15 minutes of activity breaks down my resistance. But there have been a few times when I've walked out of the gym after just 15 minutes."

"So, the next time you are confronted with a huge project, a mundane task, a craving, or whatever- try the 15 Minute Rule."

-Rob Gilbert, Editor, Bits & Pieces

### COMMUNICATING

THE FIRST RULE OF COMMUNICATION  
Say what you mean, mean what you say,  
but don't say it mean.

VIRGINIA LEGARZA'S FIRST RULE OF  
COMMUNICATION  
Sugar goes a lot further than vinegar.

THE FIRST RULE OF MAKING A GOOD  
FIRST IMPRESSION  
Smile.

FIRST RULE OF COMMUNICATING WITH YOUR KIDS  
Catch your kids doing something right.

### RULES TO LIVE BY

THE FIRST RULE OF HOW TO HAVE A FRIEND  
Be a friend.

THE FIRST RULE OF RESPECT  
Respect every individual. Treat each person as the main  
engine, not an interchangeable part.

THE FIRST RULE OF TAKING RISKS  
If you don't take a chance, you'll never stand a chance

THE FIRST RULE OF PROBLEMS  
The best way to forget you own problems is to help  
someone else with theirs.

### STEVE JOBS' SEVEN RULES of SUCCESS

#### 1. DO WHAT YOU LOVE

"People with a passion can change the world for the better." Passion is everything.

#### 2. PUT A DENT IN THE UNIVERSE

He believed in the power of big vision, asking the Pepsi President, "Do you want to spend your life selling sugar water or do you want to change the world?"

#### 3. MAKE CONNECTIONS

Abroad sense of life experiences will allow you to see things others cannot. Don't live in a bubble, connect ideas from different fields.

#### 4. SAY NO TO 1,000 THINGS

Jobs was as proud of what he didn't do as what he did. Taking apple from 350 products to just 10 in two years. Why? To put the most attention towards what matters.

#### 5. CREATE INSANELY DIFFERENT EXPERIENCES

#### 6. MASTER THE MESSAGE

You can have the greatest idea in the world, but if you can't communicate your idea it doesn't matter. Jobs was a storyteller, educator and entertainer.

#### 7. SELL DREAMS, NOT PRODUCTS

### WORK

#### THE FIRST TWO RULES OF SUCCESS

- #1. Plan your work.
- #2. Work your plan.

#### THE FIRST RULE FOR THE RECIPE FOR SUCCESS

1. Take a dream
2. Mix it with motivation and action.
3. Add long hours of practice and discipline

#### THE FIRST RULE WHEN NOTHING ELSE WORKS

Start earlier. Work harder. Stay later.

### THE RULES OF RULES

#### THE FIRST RULE OF RULES

There's usually an exception to every rule, including this one.

CHUCK YEAGER'S FIRST RULE OF RULES  
Rules are made for people who aren't willing to make up their own.

#### THE LAST RULE

Reading these rules isn't enough-  
you have to use them.