

1. You shall have no greater commitment to your work than to love and enjoy it as a part of your total life.

In what ways do you allow your work (actions, thoughts, worries, fears) to invade other areas of your life, such as family, community, social, and spiritual?

2. You shall have no imaginary belief that adding more non-work activities balances the overloaded work portion of your life.

Have you experienced the add-on syndrome, trying to equalize too much work by adding more non-work? What is the result?

3. You shall not doubt your creative abilities.

In what ways do you creatively approach your work? In what ways does the feeling that you lack creativity impact your feelings for your work?

4. You shall remember to laugh: out loud, often, and at yourself.

How many times a day do you laugh—robustly? Do you wish you laughed more often? Why?

5. You shall honor your stores of energy: physical, mental, and spiritual.

What specific actions do you take to build, boost, and replenish your energy supply? Are you conscious of all three types of energy?

6. You shall practice simple health measures.

What tricks or techniques do you follow to help you remember simple healthy practices? Such as drinking plenty of water, conscious diaphragm breathing, and balanced eating habits (both time and diet).

7. You shall enjoy and engage the rich humor that surrounds you.

What are some examples of unintentional humor that you happen to see or hear? What do you do with those examples?

8. You shall smile frequently and openly—even to strangers.

How often do you consciously smile at a stranger? Why (or why not)?

9. You shall find ways to practice and appreciate your creativity.

Do you view creativity as an everyday ability, rather than a “fine arts” talent? How do you exercise your creativity at work and away from work?

10. You shall attend to ways you can boost your energy sources (physical, mental, and spiritual.).

How often do you observe and evaluate the ways you support and boost your three energies? Do you make alterations and adaptations when necessary? What type?