



LAW OF LEAST EFFORT

ACCEPTANCE

I will accept things
as they are right now,
including attitudes, situations
and events, however
I do want change in the future.



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RESPONSIBILITY

I will take responsibility
only for myself, to change
my habits and actions.
This will empower me and
inspire those around me.



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DEFENCELESSNESS

I will not defend my actions
or choices to anyone, and I
will not try to convince others
to think like me.