

The Rules of the Game

- You will receive a body
 - You may like it or hate it, but it will be yours for the entire period this time around.
- You will learn lessons
 - You are enrolled in a full-time school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
- There are no mistakes, only lessons
 - Growth is a process of trial and error - experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately work.
- A lesson is repeated until learned
 - A lesson will be presented to you in various forms until you have learned it. When you have learned it you can go on to the next lesson.
- Learning lessons does not end
 - There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
- "There" is no better than "here"
 - When your "there" has become "here", you will simply obtain another "there" that will, again, look better than "here".
- Others are merely mirrors of you
 - You cannot love or hate something about another person unless it reflects to you something you love/hate about yourself.
- What you make of your life is up to you
 - You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
- Your answers lie inside you
 - All you need to do is look, listen, feel and trust.

summarized from *If Life is a Game, These are the Rules*
~ by Cherie Carter-Scott