Do enough for others that it's impossible For them to keep accounts Of what they owe you Or what you've done.



Lose the account yourself, Expect nothing in return.

Make a habit of giving things away. Pay for other people's meal, Friends and strangers. Keep no accounts on that either.

Take what is offered to you, But expect or demand nothing.

Tell the people in your life That you appreciate them

As often as you can.

There may be a day when you can't. Tell your kids and spouse that you love them,

Often and every night. Remind yourself

What it is you love about them.

Look for ways to be kind and helpful, There is plenty to find.

Do things without telling others

You've done them. Don't even remind yourself. Do acts of kindness, then let them go.

Live life without clinging to expectations About who you should be.

Your friends and family will change, Everything does, you will. Life has a lot of additions and subtraction; Change is inevitable.

Spend time mindfully changing yourself Towards kindness and patience.

At the end of your life, Which could be any moment, Let the ones that knew you Have lived a better life because you were there.

Let your accounts be settled And forgive other people's.

