



**Ten (10)
Commandments
Of those over
40 years old.**



1. Focus on enjoying people, not on indulging in or accumulating Material thing.



Pretty flower

April 2002

2. Plan to spend whatever you have saved. You deserve to enjoy it and the few healthy years you have left.

Travel if you can afford it. Don't leave anything for your children or loved ones to quarrel about. By leaving anything, you may even cause more trouble when you are gone.



"3. Live in the here and now, not in the yesterdays and tomorrows. It is only today that you can handle. Yesterday is gone & tomorrow may not even happen.



4. Enjoy your grandchildren (if you are blessed with any) but don't be their full time baby sitter. You have no moral obligation to take care of them. Don't have any guilt about refusing to baby sit anyone's kids, including your own grandkids. Your parental obligation is to your children. After you have raised them into responsible adults, your duties of child-rearing and babysitting are finished. Let your children raise their own offsprings.



5. Accept physical weakness, sickness and other physical pains.. It is a part of the aging process. Enjoy whatever your health can allow.



6. Enjoy what you are and what you have right now.
Stop working hard for what you do not have.
If you do not have them, It's probably too late..



7. Just enjoy your life with your spouse, children, grandchildren and friends. People, who truly love you, love you for yourself, not for what you have. Anyone who loves you for what you have will just give you misery.



8. Forgive and accept forgiveness. Forgive yourself and others. Enjoy peace of mind and peace of soul.



9. Befriend death..
It's a natural part of
the life cycle. Don't
be afraid of it.

Death is the
beginning of a new
and better life. So,
prepare yourself not
for death but for a
new life with the
Almighty.



**10. Be at peace
with your
Creator. For . . .
He is all you have
after you leave
this life...**



This commandment is so
powerful.
Pass this to 12 people
including
me.



THANK
YOU!

fmv 91809