

# TOP TEN RULES FOR CHAPTER AND INDIVIDUAL SUCCESS

**Objective: I/We will do our best to encourage, support and motivate you, but, you must do your part as best you can.**

1. If you fail to reach a particular goal you have set for yourself, you **MUST NOT** get too discouraged.
2. If you should get discouraged **AT ALL**, you **MUST** give us a chance to help, otherwise we have **FAILED** you!
3. And **ABOVE ALL ELSE**, reach out your hand to someone else who is down, ill, discouraged or in need of caring support.
4. Be courteous, friendly, and a good listener.
5. Be prepared to share your experiences, tips, recipes, and compassion.
6. **DO NOT** be excessively thin skinned. Put yourself in the other person's shoes and try to discover what they may have meant by what they have said.
7. If what they have said still smarts, **PLEASE...** Speak or write them privately, with your concerns. Share with them what it is that has hurt you, give them a chance to explain what they meant, or apologize.
8. On the other hand **WEIGH YOUR WORDS WITH COMPASSION**. Do not be afraid to apologize to someone if what you've said has hurt their feelings.
9. Let us agree to disagree if we don't see eye to eye.
10. Consider yourself **FAMILY**, not a guest. Deem yourself worthy to speak up and be heard, as well as extending that same esteem to everyone else.

Closing Thought:

If I had to write a mission statement for this group, it would probably be Rules # 1-4. They explain what we can do to help you, what you can do to help yourself, and what you can do to help us.