

10 Lessons of Life

Adapted by Diane Corriette

Inspirational Guidance Life Coaching Club

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- The original 10 Lessons of Life were called “The Rules of Being Human” and were handed down from ancient Sanskrit as rules to live by. I have kept the original 9 rules in place, added one (the last one) and included a modern day interpretation of them. I hope they provide you with meaning and inspiration.

Diane Corriette





Life Lesson Number 1 – You will receive a body

Learn to love it! It is an amazing piece of machinery. It will let you know well in advance if you are not treating it right. Learn to listen to it. It has the power to self-heal if you allow it. Your body has been shaped as it was meant to be; wishing it was any different is futile! Embrace and enjoy the body you receive.





Life Lesson Number 2 – You will learn lessons

At birth you are automatically enrolled into the “School of Life.” At every turn of your education you can choose whether you want to gain a certificate, play hooky and miss a lesson, or flunk the class!





Life Lesson Number 3 – There are no mistakes, only lessons

The flunked class! The ex partner, the boss that terrified you, the people you love and adore they are all there to teach you a lesson. What lesson do you need to learn?





Life Lesson Number 4 – A lesson is repeated until it is learnt

You can leave your partner or change your job and believe it is about “them.” Until you discover what you need to learn from them your next partner and your next boss will behave in the same/a similar way. There is no need to change anything or anyone except you!





Life Lesson Number 5 – Learning lessons does not end

As long as you are breathing there will always be something to learn about yourself. The more you take part in life the more lessons that will come your way. Be grateful for them – the fun ones and the more challenging ones. It means you are alive!





Life Lesson Number 6 - “There” is no better than “here”

If you live in the future believing when I am “here” I will be happy you are fooling yourself! Learn to be happy while you are “there” and, yes, plan for “here” but don’t ignore “there” for “here”

(go ahead and read that again! ☺)





Life Lesson Number 7 – Others are merely mirrors of you

“She’s so selfish.” “He’s so stubborn” “She’s so inspirational” “He’s so funny”
Look at what labels you attach to others and know that they are merely mirrors reflecting what lies within you – are you acknowledging them in yourself?





Life Lesson Number 8 – What you make of your life is up to you

Stories abound of people who have overcome all sorts of “limitations” to succeed, these people show us that we place limits on ourselves not our environment. Let go of “what if’s” and “if only” and “it’s not my fault” and change your choices so that they empower you.





Life Lesson Number 9 – The answers lie inside you

Within us is the key to unlock our own personal treasure trove! Our Inner Greatness. Where's your key? Do you allow others to hold it? Take back control. Spend time in silence and ask for answers. Search within for all that you need.

The answers appear when you look within.





Life Lesson Number 10 – You will move away and return

You will forget all that you have read about life's greatest lessons but within you is the power to re-member and re-call them. It's a matter of choice. That choice will influence your results.

What results are you currently experiencing?



I invite you to share what you have learnt

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