

Rules For My Son

1. It's okay to cry when you're hurt. It's also okay to smash things; but, wash your face, clean your mess, and get up off the floor when you're done. You don't belong down there.
2. If you're going to curse, be clever. If you're going to curse in public, know your audience.
3. Seek out the people and places that resonate with your soul.
4. Just because you can, doesn't mean you should.
5. 5-second rule. It's just dirt. There are worse things in a fast food cheeseburger.
6. Happiness is not a permanent state. Wholeness is. Don't confuse these.
7. Never walk through an alley.
8. Be less sugar, more spice, and only as nice as you're able to without compromising yourself.
9. Hold your heroes to a high standard. Be your own hero.
10. If you can't smile with your eyes, don't smile. Insincerity is nothing to aspire to.
11. Never lie to yourself.
12. Your body; your rules.
13. If you have an opinion, you better know why.
14. Ask for what you want. The worse they can say is no.
15. Wish on stars and dandelions...and then get to work to make them happen.
16. Fall in love often...particularly with ideas, art, music, literature, food and far-off places. And yourself.
17. Say "Please," "Thank You," and "Pardon Me" whenever the situation warrants it.
18. Reserve "I'm sorry" for when you truly are.
19. Question everything except your own intuition.
20. You have enough. You are enough.
21. You are amazing! Don't let anyone ever make you feel you are not. If someone does...walk away. You deserve better.
22. No matter where you are, you can always go home.
23. Say what you mean and mean what you say.
24. No one will ever love you more than I do.
25. I will always protect you. If anyone ever hurts you, I know you will defend yourself, but always know I'll be here for you.

Editor's Note: there are many of these enjoyable type postings on the internet. Titles such as *Rules For My Daughter*, *Rules For My Unborn Son*, *Rules For Dating My Son*, etc. can be found via Google or other search apps. Most are very enjoyable as well as profound.