

# **3 RULES**

*A life philosophy*

by Barney Matthews

## **Introduction**

Many great people have a list of personal “rules” that they have lived by and to which most of their achievements can be attributed. Benjamin Franklin, Mother Theresa and Colin Powell to name just a few. These rules helped them stay on the ‘right path’ day after day. I have refined my own rules, my personal philosophy, or guiding principles, down to just three key points.

I encourage you to read what follows, pick out the parts that work for you, archive the rest and then add some rules of your own.

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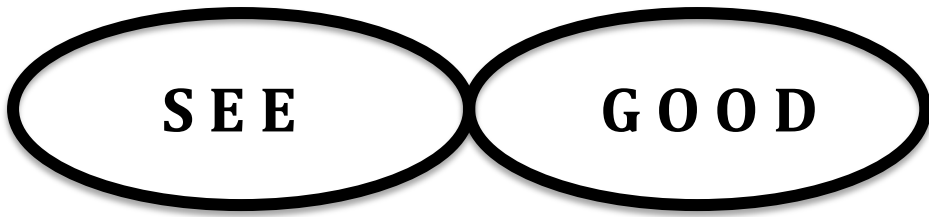
# THINK CAN

***“Whether you think you can, or whether you think you cannot, you are right” – Henry Ford.***

My first rule, or core belief, is that **I can do anything**. All you have to do is think you can. In the words of Buddha *“He is able who thinks he is able.”* There is a great kids book called “The little engine that could” which illustrates this brilliantly. If you believe you can do something you will try harder and you will keep trying until you succeed – because you know achieving it is inevitable. Conversely if you think you cannot do something you will stop at the first hurdle because it has validated what you thought.

I also believe that the more your mind hears something, the more it believes it and the more it becomes true. To quote Earl Nightingale *“You become what you think about all of the time.”* It is really important to focus on what you want, to make sure you are thinking “can” all the time.

Whenever I am thinking about doing something or when I start something I make a point to think “can.”



***“What we see depends mainly on what we look for”  
John Lubbock.***

My second rule, or guiding principle, is to always **see the good in people and situations**. As Buddha put it *“We see what we are thinking.”* There is good in every person and every situation. If you look for it you will see it. When dealing with people and situations I choose to see good and am happier for it.

When dealing with other people assume good intentions. Never ascribe to malice what can be ascribed to ignorance. So many relationships are damaged by unnecessary misunderstandings. Make a point to compliment or praise everyone you interact with, it will help you focus on the good. Plus it will make the other persons day.

When a something doesn't turn out the way you initially would have wanted it to, see the hidden opportunity. Maybe it will mean you will be able to take advantage of an even better opportunity instead. Maybe its a lesson for you to learn - even if the lesson is only to not do it that way again. Learn the lesson and do better next time. Everyday may not be good, but there is good in every day. Practice an attitude of gratitude on a daily basis.

Whatever transpires, whoever I am dealing with, I choose to see good. Choose to “see the good” and get the best out of whatever it is.



***"No act of kindness, no matter how small,  
is ever wasted "Aesop.***

My third rule is to always **be kind**. The Dalai Lama says *"Whenever possible be kind. It is always possible."* This last rule is my guide on how to treat others.

Everything you do comes back to you. You get what you give. What goes around comes around. Karma. Everything you do has a consequence. If you are nice to people they will be nice to you. If you are mean to people they will be mean to you. If you need help, help someone else first. This really boils down to the "golden rule" - do unto others as you would have them do unto you."

When dealing with people, always choose to "be kind."

**About the author**

Barney Matthews is a Vermont based Public Speaker. Originally from England he now offers public speaking services in the Burlington VT area as well as the rest of VT and NH. Barney can offer your organization or event motivational, positive attitude, speeches.

Barney is the author of ATI2D - a mini guide to positive attitude. Learn more at [www.barney.me/ati2d](http://www.barney.me/ati2d)

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*You are welcome to print out and post the 3 rules resources on the following pages.*

*3 rules for life*

**THINK CAN**

*You can if you  
think you can*

**SEE GOOD**

*You see what  
you look for*

**BE KIND**

*Everything you do  
comes back to you*

**THINK CAN**

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**SEE**

**GOOD**

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on what we look for.” John Lubbock.**

**BE KIND**

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