

Thou shalt not be perfect or even try

Thou shalt not try to be all things to all people

Thou shalt not spread thyself too thin

Thou shalt not worry about being untidy

Thou shalt not ever feel guilty

Thou shalt not be thine own worst enemy, but  
be thy best friend

Thou shall leave things undone that ought to  
be done

Thou shall learn to say no

Thou shall schedule time for thyself and thy  
supportive network

Thou shall switch off and do nothing regularly