**The Paradoxical Commandments**by [Dr. Kent M. Keith](http://www.paradoxicalcommandments.com/)

People are illogical, unreasonable, and self-centered.  
***Love them anyway.***

If you do good, people will accuse you of selfish ulterior motives.  
***Do good anyway.***

If you are successful, you will win false friends and true enemies.  
***Succeed anyway.***

The good you do today will be forgotten tomorrow.  
***Do good anyway.***

Honesty and frankness make you vulnerable.  
***Be honest and frank anyway.***

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.  
***Think big anyway.***

People favor underdogs but follow only top dogs.  
***Fight for a few underdogs anyway.***

What you spend years building may be destroyed overnight.  
***Build anyway.***

People really need help but may attack you if you do help them.  
***Help people anyway.***

Give the world the best you have and you'll get kicked in the teeth.  
***Give the world the best you have anyway.***

*AJ’s 11th paradoxical commandment:*

Following cults, religious orders, spiritual leaders, or axiomatic commandments tends to oversimplify the complexities of a true ethical, moral, and spiritual existence and rob you of your personal integrity.

***Follow the Paradoxical Commandments anyway.***