Anyway: The Paradoxical Commandments

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._

Adapted from Kent M. Keith, Anyway: The Paradoxical Commandments — Finding Personal Meaning in a Crazy World, (G.P. Putnam’s Sons, 2001). This article appears on the web site of Pastoral Counseling of Northern Virginia: www.PastoralCounselingNV.com. You are welcome to copy and/or distribute this article, provided the author’s name and original sources are retained, including this statement. Thank you.

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