

## **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](http://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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