

# Rule of Thumb



Lately, I've been trying to come up with one for my life. Think I've got a good one.

Each day I'll enjoy some chocolate cake, with or without frosting, whipped cream, or ice cream. In a pinch, I'll have a brownie or maybe even a chocolate donut.

I expect this practice will improve my daily equanimity in the face of life's tough moments. When anxious, I'll either anticipate the experience or enjoy the memory.