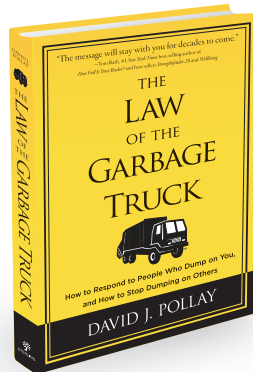


# THE EIGHT COMMITMENTS OF THE LAW OF THE GARBAGE TRUCK™

By **DAVID J. POLLAY**  
Author of *The Law of the Garbage Truck*



- 1 Do let Garbage Trucks pass you by** (Don't let others dump on you):  
You do not have to be burdened by negative things you cannot control. You are free to focus on what matters.
- 2 Do let your own Garbage Trucks pass you by** (Don't dump on yourself):  
Bad memories of your past do not have to weigh you down, and you do not have to be limited by your own negative projections of the future.
- 3 Do avoid becoming someone else's Garbage Truck** (Don't dump on others):  
Your response to people who dump on you does not have to be vengeful and judgmental. Instead, you can give people a chance, stop baiting them, and be more forgiving.
- 4 Do help the Garbage Trucks you can** (Help others stop dumping):  
You acknowledge and celebrate the best in others. You seek opportunities to communicate effectively with everyone.
- 5 Do honor your No Garbage Trucks! Pledge™:**  
You do not have to accept garbage and you do not need to spread it. You are not a Garbage Truck.
- 6 Do live in The Gratitude Cycle™ and live free of The Garbage Cycle™:**  
Invest your energy in living a good and meaningful life. By choosing gratitude, not garbage, you help make the world a better place for everyone.
- 7 Do live in a No Garbage Trucks! Zone™:**  
Let everyone know you are committed to living in The Gratitude Cycle and outside the grip of Garbage Trucks. People will know where you stand: You live in a No Garbage Trucks! Zone.
- 8 Do work in a No Garbage Trucks! Zone™:**  
By giving your best and expecting the best from others, you contribute to an environment that allows people to enjoy their work, use their strengths, and feel what they do is meaningful.