

# Rotary Rules - The B's

Here's a great twist to the 6 D's (NO drinking, driving, drugs, dating, disfigurement, disrespect)

**The 6 B's: a focus on the positive.**

A great recipe for a good exchange experience, and in fact for a great life.

1. Be First	Get out there, jump in, don't hold back.
2. Be Curious	You're in a new country. Turn over some rocks, you'll never know what you might find.
3. Be on Purpose	If you're going to do something, do it with gusto. If it's worth doing, it's worth doing well.
4. Be Grateful	There are a lot of host families, volunteers, Rotarians, students and teachers who are willing to help you. By being grateful and thanking them, you are encouraging them to do more. They will feel good about helping you and you'll feel good that they did. One big happy circle.
5. Be of Service	Pitch in and help. Rotary's motto is service above self, but it's a good motto for life in general. By helping others, you'll feel good about yourself. See number 4 above.
6. Be Here Now	Carpe Diem. Siese the Day. It's an old expression that is just as valid today. Don't dwell on the past, it's done. The future is a long way off. Enjoy each and every day to its fullest. You can sleep when you get old.

