



I'M MITA, YOUR HOUSEKEEPER

100 GUIDELINES FOR LIFE

Key Lessons from the Story • Practical Principles for Everyday Life



1. SELF-AWARENESS AND PERSONAL RESPONSIBILITY

- 1 Do not let your past define your future.
- 2 Face the truth, even when it hurts.
- 3 Take responsibility for your actions.
- 4 Do not confuse silence with healing.
- 5 Acknowledge your emotions.
- 6 Do not make others responsible for your happiness.
- 7 People may hide pain behind competence.
- 8 Examine the consequences of your decisions.
- 9 Do not mistake self-punishment for accountability.
- 10 Give yourself permission to begin again.



2. FAMILY, LOVE, AND RELATIONSHIPS

- 11 A family is more than people under one roof.
- 12 People grieve differently.
- 13 Give people room to process loss.
- 14 Do not make children carry adult burdens.
- 15 Listen before you try to fix someone.
- 16 Say what needs to be said while you can.
- 17 Do not confuse possession with love.
- 18 Love requires boundaries.
- 19 Do not use guilt as a substitute for communication.
- 20 Family healing requires participation from more than one person.



3. TRUTH, SECRECY, AND COMMUNICATION

- 21 A secret can protect but also damage trust.
- 22 Tell the truth with responsibility.
- 23 Avoiding conversation doesn't solve problems.
- 24 Ask questions before drawing conclusions.
- 25 Do not let assumptions become judgments.
- 26 Notice what people struggle to say.
- 27 Admit when you don't know the whole truth.
- 28 Do not weaponize vulnerability.
- 29 Apologize without demanding forgiveness.
- 30 Make your communication consistent with your actions.



4. RESPONSIBILITY AND THE MEANING OF WORK

- 31 Do your work with care.
- 32 Excellence includes judgment and ethics.
- 33 Do not surrender your judgment.
- 34 Consider the purpose behind every task.
- 35 Be dependable without blind obedience.
- 36 Respect essential but overlooked work.
- 37 Your worth is more than your usefulness.
- 38 Develop skills that create independence.
- 39 Work provides structure, not complete healing.
- 40 Know when your responsibility ends.



5. EMOTIONAL RESILIENCE AND HEALING

- 41 Healing is not always visible.
- 42 Do not demand recovery on your schedule.
- 43 You can be strong and still need help.
- 44 Do not romanticize emotional numbness.
- 45 Recognize when pain affects your decisions.
- 46 Allow happiness to coexist with grief.
- 47 Do not let one painful experience define you.
- 48 Healing may involve other people.
- 49 Seek appropriate support when overwhelmed.
- 50 Healing does not require forgetting.



6. JUDGMENT, ETHICS, AND CONSEQUENCES

- 51 Think beyond the immediate result.
- 52 Do not confuse compliance with morality.
- 53 Consider the vulnerability of others.
- 54 Do not exploit another's desperation.
- 55 Pause before acting on intense emotion.
- 56 Good intentions do not guarantee good outcomes.
- 57 Protect people from preventable harm.
- 58 Your actions affect more than just you.
- 59 Do not turn personal pain into permission to hurt others.
- 60 Use compassion without abandoning accountability.



7. PERSONAL BOUNDARIES AND AUTONOMY

- 61 Your life is not a service contract with everyone.
- 62 Learn to distinguish a request from an obligation.
- 63 Practice saying no respectfully.
- 64 Do not let fear of disappointing others control you.
- 65 Respect the autonomy of other people.
- 66 Do not use kindness to create invisible debt.
- 67 Leaving can be an act of responsibility.
- 68 Do not confuse emotional distance with boundaries.
- 69 Preserve your identity while caring for others.
- 70 Respect the boundaries of those who cannot express them easily.



8. LEADERSHIP AND DECISION-MAKING

- 71 Leadership begins with responsibility.
- 72 Do not avoid leadership because of mistakes.
- 73 Ask for help when your capacity is insufficient.
- 74 Do not make decisions for others.
- 75 Protect those who depend on your care.
- 76 Do not let shame prevent you from correcting mistakes.
- 77 Separate facts from interpretations.
- 78 Give people opportunities to take responsibility.
- 79 Do not let one person's behavior define everyone.
- 80 Be willing to change course.



9. SIMPLICITY, DAILY LIVING, AND THE HOME

- 81 Restore order where you can.
- 82 Ordinary routines have emotional value.
- 83 A home is a place of relationships.
- 84 Take care of essential things first.
- 85 A managed environment doesn't guarantee emotional well-being.
- 86 Make room for small moments of connection.
- 87 Do not wait for a crisis to appreciate ordinary life.
- 88 Practice consistency in the small things.
- 89 Avoid making your identity dependent on productivity.
- 90 Build a life that functions without constant external approval.



10. GROWTH, CONNECTION, AND PURPOSE

- 91 Do not assume people are incapable of change.
- 92 Allow others to contribute to your healing.
- 93 Do not force intimacy where trust is not present.
- 94 People can help each other in unexpected ways.
- 95 Do not expect one person to solve every problem.
- 96 Let your experiences expand your understanding.
- 97 Change may be gradual and imperfect.
- 98 Do not measure a relationship only by its duration.
- 99 Recognize when it is time to move forward.
- 100 Live in a way that allows love, responsibility, and freedom to coexist.



CORE ESSENCE: Face the truth • Take responsibility • Practice compassion • Respect autonomy • Build meaningful connections • Keep growing

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