

This is the 1984 version of HRD Series 4-1. I can't find the 1981 version. It is from the second edition of the Red Volumes (the first edition ended before the Happiness Rundown came out). At the time of writing (13 August 2023) I have not checked if the precepts have been altered on this bulletin.

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex
HCO BULLETIN OF 20 JANUARY 1984

Remimeo
HRD Checksheets
HRD Auditors
HRD C/Ses
Qual Div Personnel

Added later:
However as an afterthought I realise that I have the course pack from my 1981 adventure. So before I get this lot removed from my dropbox and put onto my home page I'll have to look that out and get it scanned in and added in here. I seem to have other priorities which are higher, Ant, 5 September 2023.

Happiness Rundown Series 4-1
HRD PRECEPTS ASSESSMENT LIST

<i>Refs:</i>		
HCOB	17 Jan. 84	HRD Series 2 HAPPINESS RUNDOWN BASICS
HCOB	18 Jan. 84	HRD Series 3 HOW TO AUDIT THE HRD
HCOB	19 Jan. 84	HRD Series 4 HAPPINESS RUNDOWN COMMAND SHEETS

The following form is used when the Happiness Rundown is audited by the assessment method.

The list is assessed Method 5. The reading precepts and subprecepts are then handled in sequence, in order of the largest reading item first, then the next largest reading item, and so on.

Each reading item is handled using the basic 1–10 steps of the HRD procedure, per HCOB 17 Jan. 84, HRD Series 2, HAPPINESS RUNDOWN BASICS.

PC NAME: _____ DATE: _____

AUDITOR: _____ ORG: _____

1. TAKE CARE OF YOURSELF. _____
- 1-1. GET CARE WHEN YOU ARE ILL. _____
- 1-2. KEEP YOUR BODY CLEAN. _____
- 1-3. PRESERVE YOUR TEETH. _____
- 1-4. EAT PROPERLY. _____
- 1-5. GET REST. _____
2. BE TEMPERATE. _____
- 2-1. DO NOT TAKE HARMFUL DRUGS. _____
- 2-2. DO NOT TAKE ALCOHOL TO EXCESS. _____



3. **DON'T BE PROMISCUOUS.** _____
- 3-1. **BE FAITHFUL TO YOUR SEXUAL PARTNER.** _____
4. **LOVE AND HELP CHILDREN.** _____
5. **HONOR AND HELP YOUR PARENTS.** _____
6. **SET A GOOD EXAMPLE.** _____
7. **SEEK TO LIVE WITH THE TRUTH.** _____
- 7-1. **DO NOT TELL HARMFUL LIES.** _____
- 7-2. **DO NOT BEAR FALSE WITNESS.** _____
8. **DO NOT MURDER.** _____
9. **DON'T DO ANYTHING ILLEGAL.** _____
10. **SUPPORT A GOVERNMENT DESIGNED AND RUN FOR ALL THE PEOPLE.** _____
11. **DO NOT HARM A PERSON OF GOODWILL.** _____
12. **SAFEGUARD AND IMPROVE YOUR ENVIRONMENT.** _____
- 12-1. **BE OF GOOD APPEARANCE.** _____
- 12-2. **TAKE CARE OF YOUR OWN AREA.** _____
- 12-3. **HELP TAKE CARE OF THE PLANET.** _____
13. **DO NOT STEAL.** _____
14. **BE WORTHY OF TRUST.** _____
- 14-1. **KEEP YOUR WORD ONCE GIVEN.** _____
15. **FULFILL YOUR OBLIGATIONS.** _____
16. **BE INDUSTRIOUS.** _____
17. **BE COMPETENT.** _____
- 17-1. **LOOK.** _____
- 17-2. **LEARN.** _____
- 17-3. **PRACTICE.** _____
18. **RESPECT THE RELIGIOUS BELIEFS OF OTHERS.** _____
19. **TRY NOT TO DO THINGS TO OTHERS THAT YOU WOULD NOT LIKE THEM TO DO TO YOU.** _____

20. **TRY TO TREAT OTHERS AS YOU WOULD WANT THEM
TO TREAT YOU.**

21. **FLOURISH AND PROSPER.**

L. RON HUBBARD
Founder

