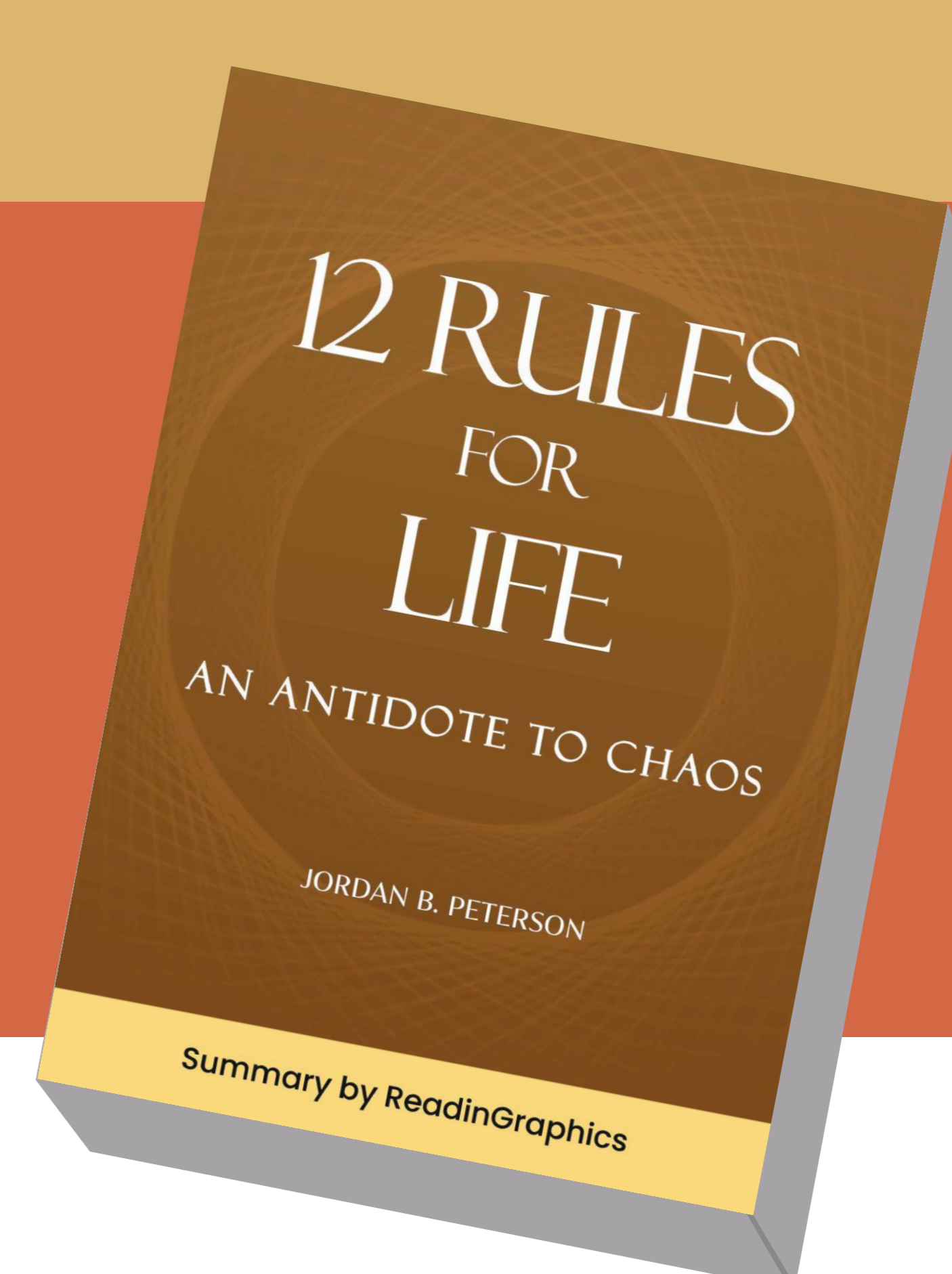
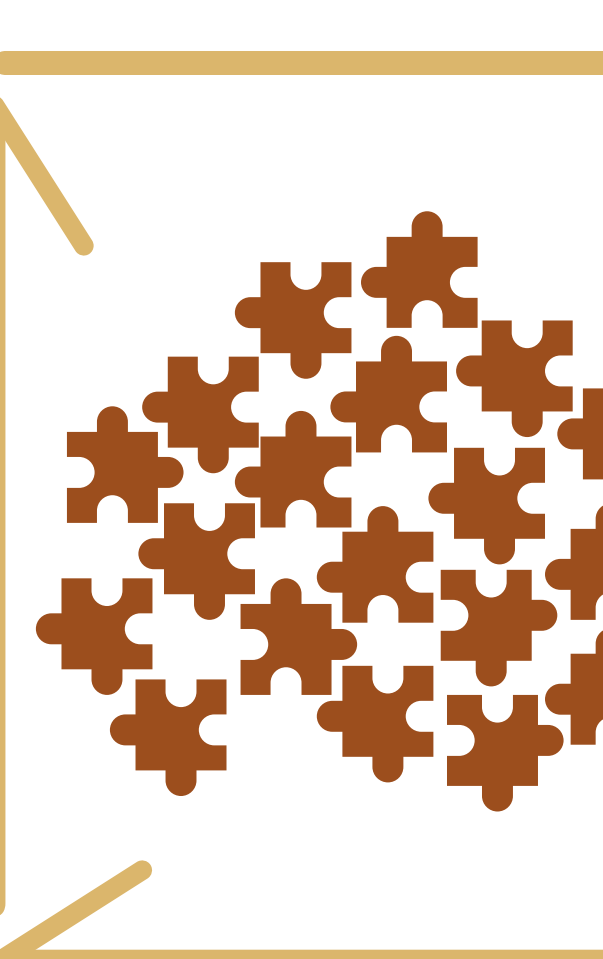


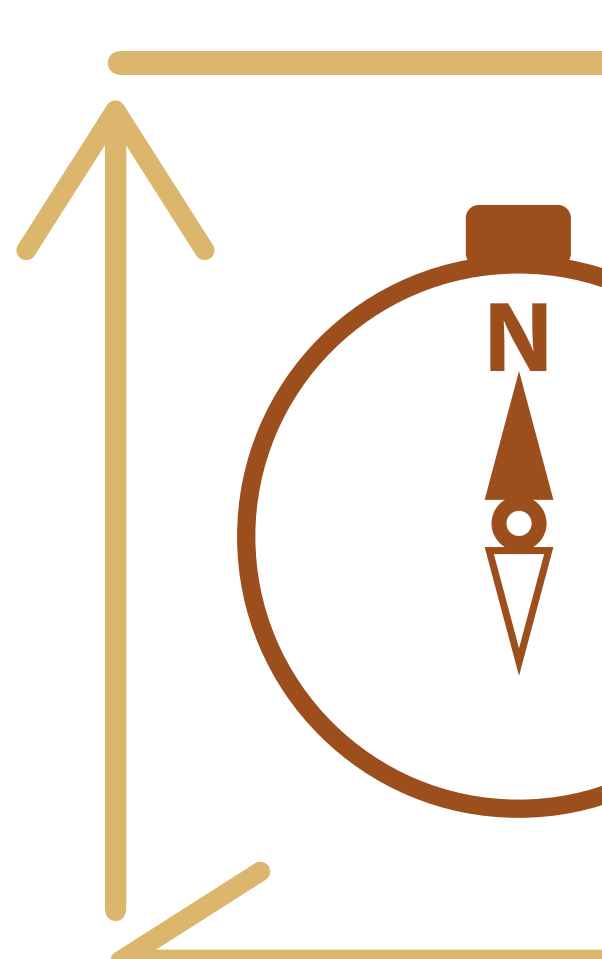
12 RULES FOR LIFE

AN ANTIDOTE TO CHAOS

Jordan B. Peterson



 We don't like rules and restraint. Yet, without rules and boundaries, life becomes chaotic, uncertain and meaningless.

 The key to a free and full life is to embrace rules that help you to produce good in life. Take responsibility for your own life, and apply these 12 rules to live with meaning and purpose.

THE 12 RULES FOR LIFE

1. Fix your posture



Understand the positive feedback loop

Yourself-perception affects your posture and the vibes you transmit → it affects others' response to you & your outcomes → which reinforces your self-perception.

Improve your posture to improve your outcomes

Don't slouch. Stand straight, push your shoulders back, speak up and make eye contact. Signal confidence to change how you're perceived, and thereby start a virtuous cycle.

2. Care for yourself



Balance self-loathing with self-worth

We need a blend of order and chaos, of stability and change. Learn to see not just your flaws but also your value and potential.

Care for yourself the way you care for others

We tend to take better care of our pets & kids than we do ourselves. Get clear on your mission in this world, and take care of yourself so you can fulfill it. Keep your promises to yourself.

3. Stick with people who want the best for you



Don't be around people who drag you down

Don't stick with losers, try to rescue them to boost your ego nor give charity to those who won't take responsibility for their problems.

Surround yourself with people who want the best for you

True friends want you to succeed and push you to do better. You'll offer mutual support to bring each other to greater heights.

4. Beat your own game



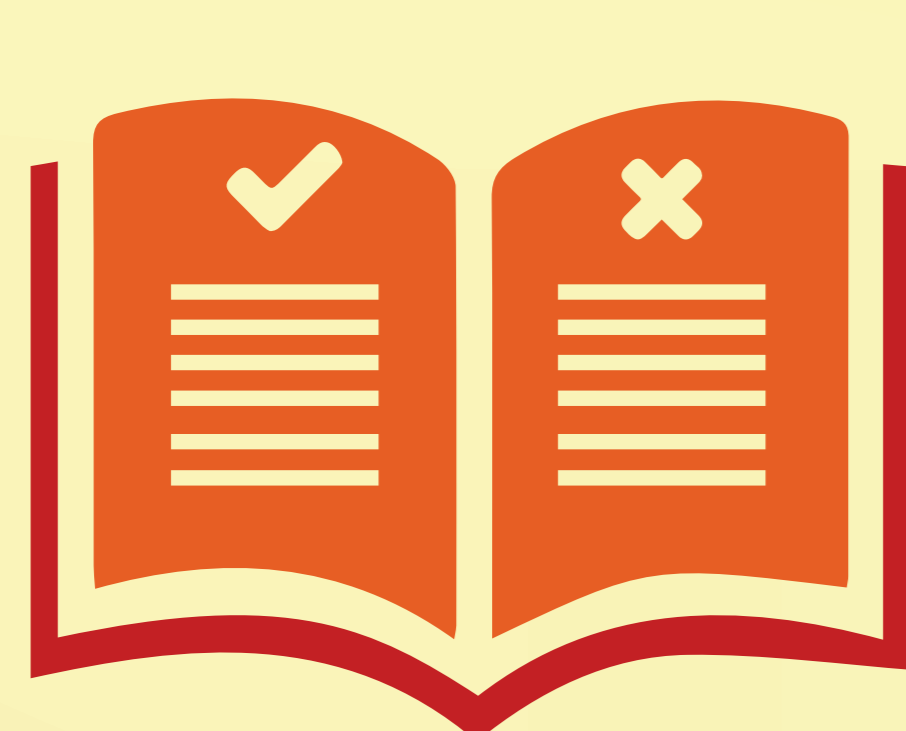
Don't be obsessed with others' successes

Everyone has different goals, strengths and circumstances. There's no point comparing with others.

Improve your own game instead of comparing with others

Get clear on your own goals: what you want and why. Focus on what you can and will do daily to make your life better. Keep improving your game and raising the baseline over time.

5. Teach your children to abide by society's rules



Boundaries are essential for success

Kids push boundaries to learn what's acceptable and what isn't. Parents who don't set boundaries for their kids only end up hurting them in the long run.

Teach your children how to be well-liked by others

If you want your kids to succeed, teach them to follow social norms graciously and be well-liked. Limit only to essential rules and use the minimal amount of force to enforce them.

6. Get your house in order before criticizing others



Pain & suffering can teach you goodness

You can respond to adversity with anger and vengeance, or be positively transformed by it. The key is to take full ownership instead of blaming others.

Get your own house in order before pointing fingers

Have you truly done all that's possible to make things better? Be honest with yourself: Do and say only what you believe is right, and stop doing what you know you shouldn't.

7. Go for purpose, not expedience



Manage your short-term impulses

Don't use suffering as an excuse to live carelessly in the moment; seek to minimize the suffering instead. Do the hard things now to improve the future.

Focus on a higher purpose, not instant gratification

Do whatever you can to alleviate unnecessary pain/suffering and make the world a little better each day. Align everything in your life to converge on your wider purpose.

8. Find & live your personal truth



Stop lying to yourself and to others

We lie to get what we want & to avoid pain. Yet deep inside, you know when you're lying. Don't twist reality just to get to a desired outcome or to escape past mistakes.

Find your personal truth and live it authentically

Treat your goals/ambition as a direction to work toward, but stay open to new options as you learn and evolve. Act only in ways that your internal voice doesn't object to.

9. Learn to be a good listener



Listening is a way to learn + help others

People think aloud by talking. By listening without premature judgment, you validate others, help them solve their problems and can learn from their experiences.

Always assume you have something to learn

Don't interrupt or sway others' opinion when they talk. Summarize what you've heard to ensure you've fully understood what was said.

10. Define your problem precisely



Denying a problem won't remove it

You can't fix something if you don't know what's broken. Avoiding your problem only makes things seem more complex and creates more fear/doubt.

Pinpoint the issue to make it manageable

Filter out the real issue from the haze/chaos. Diagnose your problem precisely: Define exactly what is wrong, why, what you want and what you'll do about it.

11. Accept that inequality exists



Beware of simplistic, extreme ideologies

Some postmodernists argue simplistically that gender is merely a social construct for men to oppress women, and hierarchies exist only for the rich to oppress the poor.

Accept that inequality is a fact of life

Give people freedom to make their social choices instead of pushing for uniformity. Don't socialize kids using unproven gender theories—let them find their own way.

12. Appreciate good things in life



Accept setbacks & pain as a part of life

Our pains and limitations are what makes our joys and triumphs meaningful. If we were perfect and infallible, life would be dull and pointless.

Make the most of goodness and options around you

Limit the time spent thinking of your pain. Notice the everyday goodness that makes life worthwhile. Plan ahead on days when you're feeling good.