

# **12 Rules for life**

**An antidote to chaos**

# 12 RULES FOR LIFE

RULE 1: Stand up straight with your shoulders back

RULE 2: Treat yourself like someone you are responsible for helping

RULE 3: Make friends with people who want the best for you

RULE 4: Compare yourself to who you were yesterday, not to who someone else is today

RULE 5: Do not let your children do anything that makes you dislike them

RULE 6: Set your house in perfect order before you criticize the world

RULE 7: Pursue what is meaningful(not what is expedient)

RULE 8: Tell the truth — or, at least, don't lie

RULE 9: Assume that the person you are listening to might know something you don't

RULE 10: Be precise in your speech

RULE 11: Do not bother children when they are skateboarding

RULE 12: Pet a cat when you encounter one on the street.

# FOREWORD

## About the Author Peterson, why Peterson is popular?

1. Why Peterson is popular?
  1. He is not an “eccentric”
  2. He has sufficient conventional chops
  3. He is knowledgeable
  4. He is a gentleman though he did say damn and bloody a lot.
  5. He was in fact addressing questions of concern to everyone at the table.
  6. He is a person so learned yet speaking in an unedited way

# OVERTURE

## Why we like people who live by the same code?

2. Why we like people who live by the same code?
  1. They are rendered mutually predictable to one another.
  2. They act in keeping with each other's expectations and desires
  3. They can cooperate
  4. They can even compete peacefully, why?
    1. Because everyone knows what to expect from everyone else
  5. A shared belief system
  6. Know how to maintenance this same code system.
  7. Shared culture system
  8. Have some goal, that is something positive valued.

# OVERTURE

## How to avoid conflict?

### 3. How to avoid conflict?

1. Individual need elevation and self development
2. Willingness of everyone to shoulder the burden of being and to take the heroic path
3. Take responsibility for individual life.
4. Tell the truth
5. Repair what is in disrepair
6. Break down and recreate what is old and outdated.

# OVERTURE

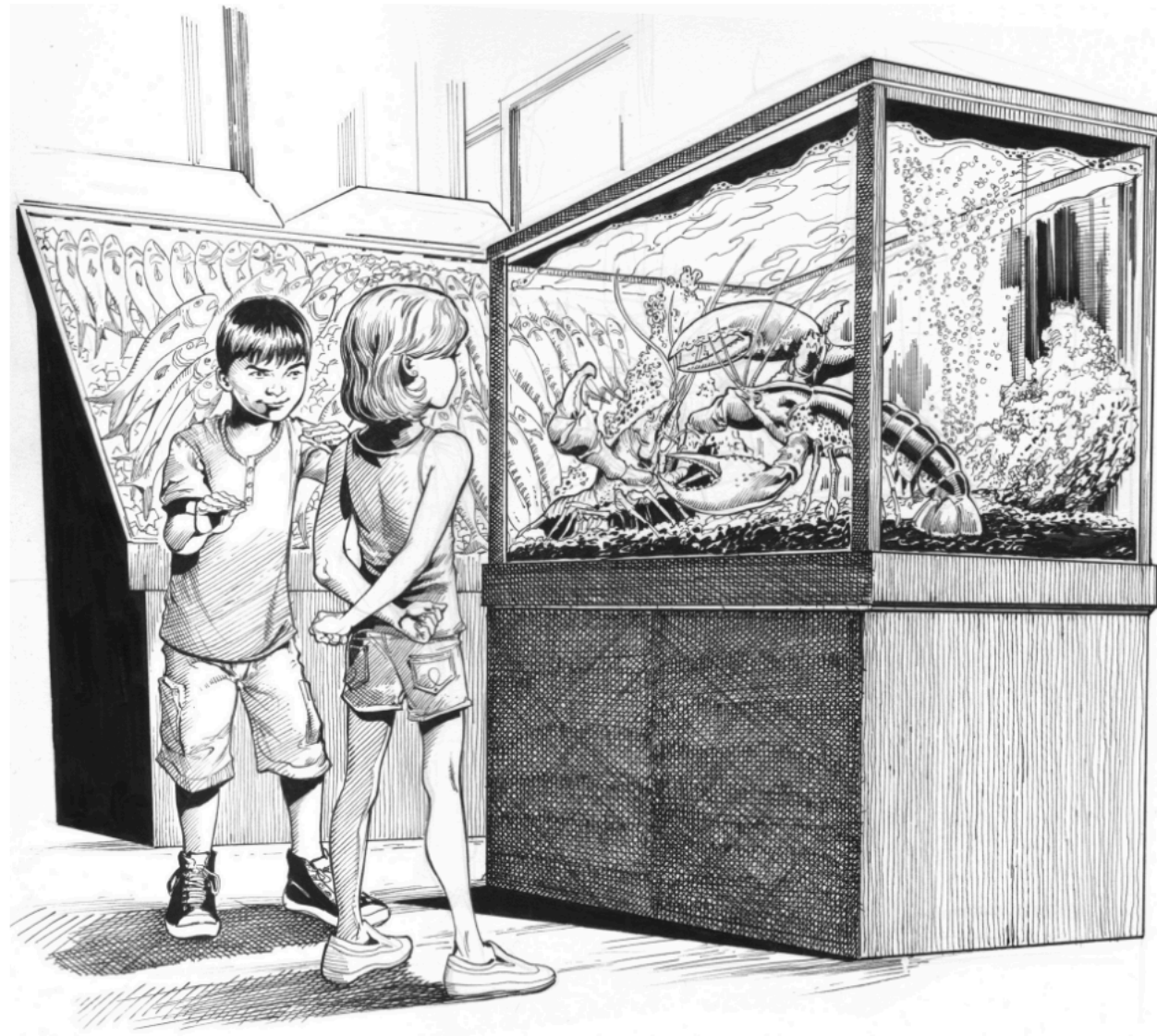
## How to live properly?

### 4. How to live properly?

1. We can tolerate the weight of our own self-consciousness.
2. We could withstand the knowledge of our own fragility and mortality
3. Have no sense of aggrieved victimhood
  1. What is F sense of aggrieved victimhood?
    1. Resentment
    2. Envy
    3. Desire for vengeance
    4. Desire for destruction
4. We wouldn't have to turn to totalitarian certainty to shield ourselves from the knowledge of our own insufficiency and ignorance.
5. Be the heroism of genuine being
6. Willingness to take on responsibility is identical to the decision to live a meaningful life.
7. If we can do all above, we will collectively flourish

# **RULE 1**

**STAND UP STRAIGHT WITH YOUR SHOULDER BACK**



# **RULE 1**

## **What is Matthew principle?**

### **5. What is Matthew principle?**

- 1. To those who have everything, more will be given; from those who have nothing, everything will be taken.**
- 2. Winner-take-all**



# RULE 1

## The famous yin and yang symbols of the Taoist

6. What yin and yang symbols look like?
  1. The Taoist symbol is a circle enclosing twin serpents, head to tail. The black serpent, chaos, has a white dot in its head. The white serpent, order, has a black dot in its head.
7. Why yin and yang symbols of the Taoist perfectly explains the nature?
  1. It's static and dynamic at the same time.
  2. It's composed of two opposing principles, as female and male, or chaos and order.
  3. Chaos and order are interchangeable.
  4. Every revolution produces a new order.

# **RULE 1**

**What's the top foundation of your brain?**

8. what's the top foundations of your brain?
  1. Strong, both mentally and physically.
  2. Symmetrical
  3. Creative
  4. Reliable
  5. Honest
  6. Generous
  7. Maintain and improve your position

# RULE 1

## How to maintain an accuracy counter?

9. How to maintain an accuracy counter?
  1. Predictable daily routines
  2. Properly cyclical circadian rhythms
  3. Fat and protein-heavy breakfast with no sugars
  4. Sleep on a predictable schedule
  5. Please jump out to positive feedback loop of a bad habit
    1. Drug
    2. Alcohol
    3. Agoraphobia
      1. Too dependent on other people, become independent and strong be yourself.
    4. Bully