

12 Rules For Life - Jordan B. Peterson

Rule 1: Have good posture and be confident even if you have nothing as this will increase serotonin signalling in the body and will allow you to be more long term thinking which will allow for a higher proclivity for delayed gratification.

Rule 2: Treat yourself someone you are responsible have empathy for yourself, do not self sabotage

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

Effectively the law of attraction, you are likely to become similar to those whom you interact with and have mutual respect for.

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

Progress is relative change what you can control don't need any extra control

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

Your children are an extension of your ownself, so you want to put them to the same standards as oneself.

Rule 6: Set your house in perfect order before you criticise the world.

- get yourself together personally before you look
at others as you do not want to be the biggest
hypocrite of 2015.

Rule 7- Pursue ~~what~~ is meaningfully not what is expedient
- Choose what is meaningful, and intellectually satisfying
as this will lead to the best long term happiness as opposed
to focusing on short term monetary gains as a means to
to fit social conventional societal hierarchies.

Rule 8- Tell the truth

Try to tell the truth as much as possible as this will allow
you to prevent deleterious outcomes.

Rule 9- Do not bother children when they are skate-
boarding

Allow individuals to live their own lives
and do not get caught up with the small
things in life.

Overall, all these rules will
follow a logarithmic graph of diminishing returns so
the goal is to max out all these to an x value
that is sufficiently efficient.

