

AI-01304 WHODAS-Based Rules for Life

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I'm trying to create a list of 100 rules for life but I want it based on the concept of WHODAS 2.0. Will you please jumpstart my list.

The WHODAS 2.0 assesses disability across six domains:

- Understanding and communicating:
 - Rule 1: Cultivate clear and concise communication skills.
 - Rule 2: Actively listen to others, seeking to understand their perspectives.
 - Rule 3: Develop strong reading and writing abilities.
 - Rule 4: Embrace diverse forms of communication (verbal, nonverbal, written).
- Getting around:
 - Rule 5: Prioritize physical activity and maintain mobility.
 - Rule 6: Explore and appreciate different modes of transportation.
 - Rule 7: Develop a sense of direction and spatial awareness.
 - Rule 8: Be mindful of accessibility needs in your environment.
- Self-care:
 - Rule 9: Prioritize physical and mental health.
 - Rule 10: Develop healthy eating and sleeping habits.

- Rule 11: Practice self-care activities that promote well-being (e.g., relaxation, mindfulness).
 - Rule 12: Seek professional help when needed.
 - Getting along with people:
 - Rule 13: Cultivate empathy and compassion.
 - Rule 14: Build and maintain healthy relationships.
 - Rule 15: Resolve conflicts constructively.
 - Rule 16: Contribute positively to your community.
 - Life activities:
 - Rule 17: Pursue personal and professional goals.
 - Rule 18: Adapt to new situations and challenges.
 - Rule 19: Manage time effectively and prioritize tasks.
 - Rule 20: Develop a sense of purpose and meaning in life.
 - Participation in society:
 - Rule 21: Engage in activities that bring joy and fulfillment.
 - Rule 22: Advocate for social justice and equality.
 - Rule 23: Appreciate and celebrate diversity.
 - Rule 24: Contribute to the well-being of others and the planet.
- This is just a starting point. You can expand on these rules and tailor them to your specific values and goals. Remember to focus on creating rules that promote overall well-being and a fulfilling life.
- Disclaimer: This information is for general knowledge and informational purposes only. For medical advice or diagnosis, consult a professional.

Creating a “100 Rules for Life” list inspired by the **World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0)** is a fascinating challenge. WHODAS 2.0 measures disability and functioning across six key domains: **cognition, mobility, self-care, getting along, life activities, and participation.** We

can draw lessons and principles for life from each domain to promote health, balance, and meaningful living.

Here are **30 initial rules** to jumpstart your list, divided by the WHODAS 2.0 domains:

Cognition (Understanding and Communicating)

1. Master the art of active listening; it's as important as speaking.
2. Always ask, "What can I learn from this moment?"
3. Break complex problems into manageable parts to avoid overwhelm.
4. Keep a notebook handy to capture fleeting ideas.
5. Read something thought-provoking daily.
6. Speak clearly and with purpose—words can inspire or wound.
7. Make decisions based on evidence, not assumptions.
8. Train your memory; recall connects us to our past and informs our future.
9. Admit when you don't know something, and seek to learn.
10. Embrace silence as a tool for clarity and creativity.

Mobility (Moving and Getting Around)

11. Walk whenever possible; movement clears the mind.
12. Stretch daily to stay flexible—both physically and mentally.
13. Respect the spaces you move through; leave them better than you found them.
14. Take the stairs whenever you can; small choices build resilience.
15. Adapt to your body's changes; honor its needs without judgment.
16. Plan your routes thoughtfully; efficiency conserves energy.
17. Learn to navigate unfamiliar terrain—it sharpens your adaptability.

18. Dance often; joy can be found in movement.
19. Take care of your feet—they carry you through life.
20. Know your limits, but push them when it's safe to grow.

Self-Care (Taking Care of Yourself)

21. Prioritize sleep; it's the foundation of physical and mental health.
22. Eat mindfully; food fuels not only your body but your spirit.
23. Regularly check in with your body—listen to what it needs.
24. Simplify your routines to reduce decision fatigue.
25. Invest in hygiene; it's self-respect made visible.
26. Protect your energy by saying no when necessary.
27. Create rituals that ground you, like morning tea or evening reflection.
28. Hydrate—your body thrives on water.
29. Treat self-care as a necessity, not a luxury.
30. Celebrate small victories; they pave the way to bigger ones.

Would you like to explore the remaining domains next?

Here's the continuation of your **"100 Rules for Life"** list based on WHODAS 2.0's remaining domains.

Getting Along (Interacting with Other People)

31. Treat everyone with kindness; you never know their struggles.
32. Learn to forgive—grudges are burdens you carry alone.
33. Respect boundaries, both yours and others'.
34. Seek to understand before trying to be understood.
35. Practice empathy; imagine life through someone else's eyes.
36. Build relationships on trust and mutual respect.

37. Avoid gossip—it harms others and diminishes you.
38. Speak your truth with compassion, not hostility.
39. Celebrate others' successes as if they were your own.
40. Surround yourself with people who uplift and challenge you.

Life Activities (Work, Domestic Responsibilities, Leisure)

41. Approach every task—big or small—with intention.
42. Strive for balance: work to live, don't live to work.
43. Keep your living space organized; clutter clouds the mind.
44. Learn a new skill every year to stay curious and adaptable.
45. Take breaks before exhaustion forces you to.
46. Find joy in simple domestic rituals—cleaning, cooking, tending.
47. Set boundaries between work and leisure to protect both.
48. Play as hard as you work; fun fuels creativity and resilience.
49. Delegate when needed—asking for help isn't weakness.
50. Create systems to simplify repetitive tasks and free mental space.

Participation (Joining in Society)

51. Engage in your community; your presence makes a difference.
52. Volunteer regularly—it connects you to something greater.
53. Vote thoughtfully; it's your voice in action.
54. Be an advocate for those who cannot advocate for themselves.
55. Embrace cultural differences—they enrich the human experience.
56. Listen to opposing viewpoints without judgment; it fosters growth.
57. Seek meaningful contributions over accolades.
58. Practice gratitude for the society you live in and work to improve it.

- 59. Leave the world better than you found it, in small and big ways.
- 60. Remember, participation isn't perfection—it's showing up.

General Principles Across All Domains

- 61. Adaptation is strength—resilience comes from flexibility.
- 62. Monitor your mental health as vigilantly as your physical health.
- 63. Learn to pause; sometimes, stillness is the wisest action.
- 64. Strive for progress, not perfection.
- 65. Recognize that setbacks are part of growth.
- 66. Be present; multitasking dilutes experience.
- 67. Cultivate habits that align with your values.
- 68. Reflect often on what truly matters.
- 69. Seek balance in all things; extremes burn bright but fade fast.
- 70. Know when to rest and when to push forward.

Expanding the List Toward 100

Would you like to refine these ideas further or brainstorm additional rules within specific areas? For example, focusing on relationships, mental health, or goal-setting?

Let's refine and expand the list to hit 100, focusing on **relationships**, **mental health**, and **goal-setting**—key areas that resonate across WHODAS 2.0 domains.

Relationships

- 71. Be the friend you wish to have—loyal, understanding, and present.
- 72. Communicate your needs; unspoken expectations breed resentment.
- 73. Avoid taking people for granted; express gratitude often.
- 74. Build bridges in conflicts instead of walls.

75. Let go of toxic relationships—sometimes the healthiest connection is no connection.
76. Learn to apologize sincerely; it's a sign of strength, not weakness.
77. Celebrate milestones with loved ones; joy multiplies when shared.
78. Create traditions with family and friends—they anchor us in life's chaos.
79. Share your vulnerability—it deepens connections.
80. Respect differences; diversity is a source of strength, not division.

Mental Health

81. Recognize when you need help, and seek it without shame.
82. Practice mindfulness daily to ground yourself in the present.
83. Journal your thoughts—it's therapy on paper.
84. Limit your exposure to negativity, including people, news, and online content.
85. Develop coping strategies for stress, like breathing exercises or meditation.
86. Laugh often—it's a natural stress reliever.
87. Avoid comparing yourself to others; focus on your unique journey.
88. Surround yourself with positivity—people, books, and spaces that inspire.
89. Accept that not every day will be good, but there's good in every day.
90. Treat your mind with the same care as your body; both need rest, nourishment, and exercise.

Goal-Setting

91. Set clear, realistic goals that align with your values.
92. Break big goals into smaller, actionable steps to maintain momentum.
93. Celebrate progress, not just completion.
94. Reassess your goals regularly; what served you yesterday might not serve you today.

95. Stay consistent—discipline is more reliable than motivation.
96. Be flexible; success often requires adapting to the unexpected.
97. Don't fear failure; it's a stepping stone to growth.
98. Surround yourself with people who support your aspirations.
99. Define success on your terms, not society's.
100. Always have at least one goal that excites and challenges you—it keeps life meaningful.

Next Steps

Would you like to adapt these further or tie them back to a personal philosophy or overarching theme? If you're building this list to share or for personal use, I can help format or elaborate on specific areas!