# Rules for life

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## A message to my past self:

- 1. Set boundaries.
- 2. Listen to your body.
- 3. Look at the actions.
- 4. Look at the results.
- 5. Don't try too hard.
- 6. Don't try to change others.
- 7. Don't second guess yourself.
- 8. Don't compare yourself to others.
- 9. Don't obsess about things you cannot control.
- 10. Accept that people have different personality types.
- 11. Remember that the IQ distribution follows a bell curve.
- 12. You can only know if a decision was right after many years.
- 13. Just because you were lucky doesn't mean you were right.
- 14. Stay humble.
- 15. Keep playing.
- 16. Find out what's best for you—make your own rules.

### Addendum

- 2018-11-12: Feel the pain.
- 2018-11-14: Embrace imperfection,