

12 RULES FOR LIFE by JORDAN PETERSON

1	Stand up straight with your shoulders back	This rule encourages people to adopt a confident posture and take responsibility for their lives, facing the challenges of the world with courage.
2	Treat yourself like someone you are responsible for helping	This rule emphasizes the importance of self-care, self-compassion and urges people to prioritize their own well-being and take care of themselves.
3	Make friends with people who want the best for you	Surrounding yourself with positive and supportive people can greatly impact your personal growth and happiness.
4	Compare yourself to who you were yesterday, not to who someone else is today	Rather than comparing yourself to others, focus on your own progress and strive to become a better version of yourself each day.
5	Do not let your children do anything that makes you dislike them	This rule advises parents to set clear boundaries for their children and provide guidance and discipline in order to raise responsible and well-behaved kids.
6	Set your house in perfect order before you criticize the world	Before attempting to fix the problems of the world, people should first address their own personal issues and work towards improving themselves.
7	Pursue what is meaningful (not what is expedient)	Seek out meaningful goals and values in life, even if they require effort and sacrifice, rather than pursuing short-term pleasures or instant gratification.
8	Tell the truth—or, at least, don't lie	Honesty is seen as a fundamental virtue in this rule, emphasizing the importance of integrity and truthful communication in personal relationships and society.
9	Assume that the person you are listening to might know something you don't	By actively listening to others and considering their perspectives, you open yourself up to new ideas and opportunities for growth. This law emphasizes the importance of open-mindedness, humility, and active listening when engaging in conversations with others.
10	Be precise in your speech	This rule emphasizes the importance of clear and accurate communication, encouraging people to express themselves effectively and avoid unnecessary misunderstandings.
11	Do not bother children when they are skateboarding	Allow children to engage in challenging activities and take risks, recognizing the importance of exploration and learning through experience.
12	Pet a cat when you encounter one on the street	Appreciate the small moments of joy and beauty in life, and find happiness and gratitude in simple pleasures.