
12 Rules for Life Summary PDF Cheatsheet —

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? 1. Dominance Hierarchies: Straighten your posture and your self respect

In this book, the first rule is *“Stand up straight with your shoulders back.”* This simple tip (along with sleeping and eating right) can put our life on the right track. Your own self respect will begin to increase, people will respond to you better, and even your brain’s level of serotonin may increase.

? 2. The Right Focus: Only compare yourself to your past self

Jordan Peterson’s rule number four is *“Compare yourself to who you were yesterday, not to who someone else is today.”* We must regulate our inner critic by understanding that success is never black and white, we all play multiple games in life, and current success should often be sacrificed for long-term growth.

?? 3. Chaos and Order: Always have one foot in the unknown

Rule eleven is: *“Do not bother children when they are skateboarding.”* When we’re living on the edge of chaos and order, that’s when we usually feel meaning. That is when we’re at the edge of our current abilities or knowledge and we are becoming more competent.

? 4. Start Low: Begin with cleaning your room

Rule six is *“Set your house in perfect order before you criticize the world.”* If we want to create a better order in the world, we’d best start with what is closest to us. Such as by cleaning your room, Bucko.

? 5. Things Fall Apart: Put life back together with truthful speech

Rule eight is *“Tell the truth—or at least, don’t lie”* and rule ten is *“Be precise in your speech.”* When things fall apart, we can only put them back together by admitting error and speaking carefully. It is also best to confront problems while they are small, before they grow into personal catastrophe or social tyranny.

? 6. True Listening: Risk being transformed by counter-opinions

Peterson’s ninth rule is *“Assume that the person you are listening to might know something you don’t.”* True listening is rare because we must risk being transformed by the other person, but this is the only way to real communication.

? 7. Meaning in Tragedy: Have faith that Being is intrinsically good

Rule number twelve is *“Pet a cat when you encounter one on the street.”* This is about noticing the wonder of existence in small daily moments. Ultimately, we must have faith in the goodness of Being despite the tragedies we all face. Then we can work to lessen suffering for all which provides us meaning.

This is just a sample!

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