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12 Rules for Life: An Antidote to Chaos by Jordan Peterson

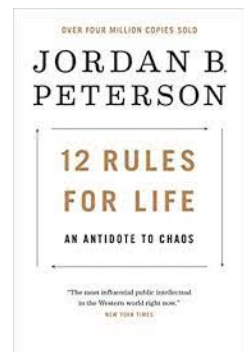
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Category: Personal Growth

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Why: I need to walk the path between chaos and order in business.

Goal: Learn a concrete set of practices to overcome the chaos.

Action: **Suggest Me a Tip and Follow It Up.**

3 Key Concepts

1. Stand up straight with your shoulders back.
2. Treat yourself like you are responsible for helping.
3. Make friends with people who want the best for you.

Summary

How to suggest yourself and do it?



Way too many times, we don't listen to our own advice. Even though we are the most trustworthy being, we know. The practice is to politely suggest to ourselves what to do to get our life back together. Be realistic with the size of favor, though 😊



You have an idea, will you do it?

This book suggests what life encompasses and how to ride these waves of chaos in life.

12 Rules

1. **“Stand up straight with your shoulders back.”**
Act like you are in charge of your life, be ready to take responsibility. People will respect you for that.
2. **“Treat yourself like you are someone you are responsible for helping.”**
We are all good at taking care of others, but not ourselves. Do it as you'd suggest your family to do so.
3. **“Make friends with people who want the best for you.”**
It is necessary to choose who we surround ourselves with. It is not bad to walk away from annoying people.
4. **“Compare yourself to who you were yesterday, not to who someone else is today.”**
You are not a superman, so set the goal accordingly. We are all different, so be intentional not to measure up with others.
5. **“Do not let your children do anything that makes you dislike them.”**
Everyone has a role in society. If you are not satisfied with your child's behaviour, others will definite too. If you do not discipline them, you set them up to fail in the world.
6. **“Set your house in perfect order before you criticize the world.”**
There are many more things out there to be fixed, start with your own shit. If everyone clean, the world is automatically cleaned.

7. **“Pursue what is meaningful (not what is expedient).”**

Happiness is just not a goal, it is a side-effect. Seek for meaning is to aim for the betterment, despite the difficulty.

8. **“Tell the truth — or, at least, don’t lie.”**

The reason is that when you lie, you must lie to yourself too. You will start convincing yourself out of guilt, that your lie is in fact partially true or even 100% true in your twisted sense. Later, this becomes integrated into your reality. And you will live a lie for the rest of your life.

9. **“Assume that the person you are listening to might know something you don’t.”**

Be humble to the fact that whatever you know is nothing to the wisdom of the universe. It helps you getting something useful out of any conversation you engage.

10. **“Be precise in your speech.”**

Many problems can never be solved because the problem is not defined clearly. There will be no way out if our speech impediment such resolution. State clearly “I feel xyz, because of xyz.”

11. **“Do not bother children when they are skate-boarding.”**

The author says that skateboarding is a way a child adventure willingly to the unknown risk. He needs to learn with his own experience the pain of mistakes.

12. **“Pet a cat when you encounter one on the street.”**

Life comes with sorrow, so be kind to yourself. Take a moment to enjoy when the grace presents itself onto you. The catastrophe will always come, enjoy the moment however brief it may be.

To sum up

It takes dedication to live a life of meaning. We need a set of values to weather the storm of chaos. By suggesting sincere advice and do it, you will move forward or at least stay in a manageable position.



Here, you get real help from you.



Goal check: I learned about chaos and its antidote.