

# Jordan Peterson's 12 Rules for Life

- 1. Stand up straight with your shoulders back**
- 2. Treat yourself like someone you are responsible for helping**
- 3. Befriend people who want the best for you**
- 4. Compare yourself to who you were yesterday, not with who someone else is today**
- 5. Don't let your children do anything that makes you dislike them**
- 6. Set your house in order before you criticize the world**
- 7. Pursue what is meaningful, not what is expedient**
- 8. Tell the truth, or at least don't lie**
- 9. Assume that the person you are listening to knows something you don't**
- 10. Be precise in your speech**
- 11. Don't bother children while they are skateboarding**
- 12. Pet a cat when you encounter one in the street**

From *12 Rules for Life: An Antidote to Chaos*, by Jordan B Peterson

[Watch the video version of this list](#)