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12 RULES FOR LIFE
AN ANTIDOTE TO CHAOS
Tell the Truth!
Perky's HELP

Table 1: Context→Practice, **Table 2:** Why it Helps→The Outcome

Rule	Context	What to Practice
9	Assume the person you are listening to might know something you don't	Deep listening and humility
10	Be precise in your speech	Clear thinking and articulation
4	Compare yourself to who you were yesterday, not to someone else today	Incremental improvement, reflection
11	Do not bother children when they are skateboarding	Respect growth through risk
5	Do not let your children do anything that makes you dislike them	Consistent boundaries and guidance
3	Make friends with people who want the best for you	Discernment in relationships
12	Pet a cat when you encounter one on the street	Mindfulness and appreciation of small moments
7	Pursue what is meaningful (not what is expedient)	Purpose-driven choices
6	Set your house in perfect order before you criticise the world	Personal accountability and organisation
1	Stand up straight with your shoulders back	Embody confidence, posture, and self-respect
8	Tell the truth or, at least, don't lie	Honesty and integrity
2	Treat yourself like someone you are responsible for helping	Self-care, boundaries, responsible habits

Rule	Why it Helps	The Outcome
9	Openness enables learning and connection	Better decisions and richer relationships
10	Precision reduces misunderstanding and confusion	Effective communication and problem-solving
4	Personal progress is more meaningful than social comparison	Motivation, progress, and reduced envy
11	Mastery requires freedom to experiment and fail	Confidence, competence, and autonomy
5	Discipline builds competence and social harmony	Healthier relationships and responsible behaviour
3	Supportive environments shape behaviour and growth	Stronger support system and healthier direction
12	Noticing small positives buffers suffering	Calm, gratitude, and emotional balance
7	Meaning sustains effort through hardship	Longterm fulfilment and direction
6	Order in your life builds credibility and stability	Greater control and grounded perspective
1	Physical stance influences psychology and social perception	Increased confidence, resilience, and presence
8	Truth reduces internal conflict and chaos	Trust, clarity, and psychological stability
2	People often care for others better than themselves	Improved wellbeing and self-respect