

# 12 Rules for Life

by Jordan B. Peterson

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Put One Visible Thing in Order**

Choose one concrete disorder: a desk, inbox, bill, hard message, or room. Fix it completely before giving your opinion about a larger problem.

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<sup>02</sup> **Say the Small True Sentence**

Find one place where you are exaggerating, hiding, or performing. Replace it with the smallest accurate sentence you can say without cruelty.

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<sup>03</sup> **Make Yesterday the Opponent**

Pick one metric that is actually yours: sleep, training, pages, calls, honesty, cleaning. Improve it by one visible notch today.

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<sup>04</sup> **Audit Your Inner Circle**

Name three people you spend time with. Mark whether each person strengthens your future or rewards your drift. Move one hour toward the former.

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<sup>05</sup> **Choose One Meaningful Burden**

Trade one convenient escape for one voluntary responsibility: train, repair, study, apologize, serve, or plan. Keep it small enough to finish.