

Beyond Order: 12 More 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

- ☐ ⁰¹ **Draw your order-chaos map**
- ☐☐☐☐☐☐☐☐
- Divide a page into too rigid, too chaotic, and worth repairing. Put three current life areas in each zone.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Pick one neglected responsibility**
- ☐☐☐☐☐☐☐☐
- Choose one obligation you have been avoiding because it is emotionally loaded, not because it is unimportant.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Write the voluntary burden**
- ☐☐☐☐☐☐☐☐
- Turn the responsibility into a concrete sentence: I will carry X so that Y becomes possible.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Set a renewal boundary**
- ☐☐☐☐☐☐☐☐
- Name one rule, role, or habit that once helped but now blocks growth. Define a careful experiment, not a rebellion.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Repair one small disorder**
- ☐☐☐☐☐☐☐☐
- Spend ten minutes fixing a visible pocket of disorder before beginning the rest of the day.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Tell the truth earlier**
- ☐☐☐☐☐☐☐☐
- When you notice a small evasion, correct it before it grows into a story you have to maintain.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Choose the harder useful thing**
- ☐☐☐☐☐☐☐☐
- Each evening, identify one difficult action that would make tomorrow meaningfully more ordered.