

# Jordan Peterson : 12 Rules for Life

say the least. I soon divided myself into two parts: one that spoke, and one, more detached, that paid attention and judged. I soon came to realize that almost everything I said was untrue. I had motives for saying these things: I wanted to win arguments and gain status and impress people and get what I wanted. I was using language to bend and twist the world into delivering what I thought was necessary. But I was a fake. Realizing this, I started to practise only saying things that the internal voice would not object to. I started to practise telling the truth—or, at least, not lying. I soon learned that such a skill came in very handy when I didn't know what to do. What should you do, when you don't know what to do? Tell the truth. So, that's what I did

Rule #1  
or, at least  
Don't lie!  
Tell the Truth

#2

If you betray yourself, if you say untrue things, if you act out a lie, you weaken your character. If you have a weak character, then adversity will mow you down when it appears, as it will, inevitably. You will hide, but there will be no place left to hide. And then you will find yourself doing terrible things.

#3

that you sacrifice if you do not tell the truth. If, instead, you tell the truth, your values transform as you progress. If you allow yourself to be informed by the reality manifesting itself, as you struggle forward, your notions of what is important will change. You will reorient yourself, sometimes gradually, and sometimes suddenly and radically.

#4

Set your ambitions, even if you are uncertain about what they should be. The better ambitions have to do with the development of character and ability, rather than status and power. Status you can lose. You carry character with you wherever you go, and it allows you