

THE INTERNATIONAL
BESTSELLER

THE RULES OF LIFE

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THE
RULES
OF
LIFE

Rules of Life, The

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Cover

Title Page

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Introduction

Acknowledgements

Rules for you

- 1 Keep it under your hat
- 2 You'll get older but not necessarily wiser
- 3 Accept what is done is done
- 4 Accept yourself
- 5 Know what counts and what doesn't
- 6 Dedicate your life to something
- 7 Be flexible in your thinking
- 8 Take an interest in the outside world
- 9 Be on the side of the angels, not the beasts
- 10 Only dead fish swim with the stream
- 11 Be the last to raise your voice
- 12 Be your own adviser
- 13 No fear, no surprise, no hesitation, no doubt

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- 14 I wish I'd done that - and I will
- 15 It's OK to give up
- 16 Count to ten - or recite 'Baa baa black sheep'
- 17 Change what you can change, let go of the rest
- 18 Aim to be the very best at everything you do - not
second best
- 19 Don't expect to be perfect
- 20 Don't be afraid to dream
- 21 If you're going to jump off a bridge, make sure you
know how deep the water is
- 22 Don't dwell on the past
- 23 Don't live in the future
- 24 Get on with life - it's whooshing past
- 25 Be consistent
- 26 Dress like today is important
- 27 Have a belief system
- 28 Leave a little space for yourself each day
- 29 Have a plan
- 30 Have a sense of humour
- 31 Choose how you make your bed
- 32 Life can be a bit like advertising
- 33 Get used to stepping outside your comfort zone
- 34 Learn to ask questions
- 35 Have dignity

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- 36 It's OK to feel big emotions
- 37 Keep the faith
- 38 You'll never understand everything
- 39 Know where true happiness comes from
- 40 Life is a pizza
- 41 Always have someone - or something - that is
pleased to see you
- 42 Know when to let go - when to walk away
- 43 Retaliation leads to escalation
- 44 Look after yourself
- 45 Maintain good manners in all things
- 46 Prune your stuff frequently
- 47 Remember to touch base
- 48 Draw the lines around yourself
- 49 Shop for quality, not price
- 50 It's OK to worry, or to know how not to
- 51 Stay young
- 52 Throwing money at a problem doesn't always
work
- 53 Think for yourself
- 54 You are not in charge
- 55 Have something in your life that takes you out of
yourself
- 56 Only the good feel guilty
- 57 If you can't say anything nice, don't say anything

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at all

Partnership Rules

- 58 Accept the differences, embrace what you have
in common
- 59 Allow your partner the space to be themselves
- 60 Be nice
- 61 You want to do what?
- 62 Be the first to say sorry
- 63 Go that extra step in trying to please them
- 64 Know when to listen and when to act
- 65 Have a passion for your life together
- 66 Make sure your love making is making love
- 67 Keep talking
- 68 Respect privacy
- 69 Check you both have the same shared goals
- 70 Treat your partner better than your best friend
- 71 Contentment is a high aim
- 72 You don't both have to have the same rules

Family and friends Rules

- 73 If you are going to be a friend, be a good friend
- 74 Never be too busy for loved ones
- 75 Let your kids mess up for themselves - they don't
need any help from you
- 76 Have a little respect and forgiveness for your

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parents

77 Give your kids a break

78 Never lend money unless you are prepared to write it off

79 Keep schtum

80 There are no bad children

81 Be up around people you love

82 Give your kids responsibilities

83 Your children need to fall out with you to leave home

84 Your kids will have friends you don't like

85 Your role as a child

86 Your role as a parent

Social Rules

87 We're all closer than you think

88 It doesn't hurt to forgive

89 It doesn't hurt to be helpful

90 What's in it for them?

91 Hang out with positive people

92 Be generous with your time and information

93 Get involved

94 Keep the moral high ground

95 Just because you have, doesn't mean they have to

96 Do compare yourself with other people

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- 97 Have a plan for your career
- 98 Look at the long-term ramifications of what you do
for a living
- 99 Be good at your job
- 100 Be aware of the damage you are doing
- 101 Be for the glory, not the degradation
- 102 Be part of the solution, not the problem
- 103 Check what history would say about you
- 104 Not everything can be green
- 105 Put something back
- 106 Find a new Rule every day - or occasionally at
least

The Rules of happiness

- 1 Take the long view
- 2 Do something you're good at
- 3 Like yourself
- 4 Look from the other direction
- 5 Spin it
- 6 Mix it
- 7 Find a distraction
- 8 Know who you value
- 9 Break down the blocks
- 10 Take control

Had enough yet . . . ?

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