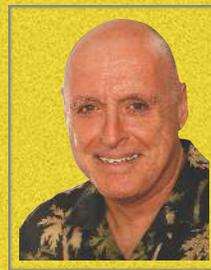


THE EXTRA POINT

BY JERRY ROBERTS



686 The 12 Rules of Life – Part 2

More today from Jordan Peterson's *The 12 Rules of Life*. I'm Jerry Roberts and today, you might want to straighten up a bit as we get to that, on The Extra Point.

Jordan Peterson spent a lot of time on the Website Quora, answering questions. His response to one turned into a book, *The 12 Rules of Life*. It was initially aimed at youth and young adults, but other folks can benefit from it, too.

Yesterday, we talked about standing straight up with shoulders back, as it would allow the free flow of brain chemical serotonin, and that would lead to greater confidence. In turn, our greater confidence would rub off on those around us and that's good for working teams.

Rule 2: Treat yourself like someone you are responsible for helping. While going through the Hell of living in a German concentration camp, Auschwitz, Austrian neurologist and psychiatrist Viktor Frankl discovered that the ones who go forward are the ones who have something to go forward to.

Philosopher Friedrich Nietzsche said, "He whose life has a why can bear almost any how." Think of the times in your life when you knew you were in the right place at the right time, doing the right thing — and that allowed you to put up with whatever you had to endure.

At the same time, when we see that our life has meaning, we treat ourselves better.

Some people walk around thinking they deserve nothing, and when things go wrong for them, the reaction is, "Well, there you go, I didn't deserve to get that job, that promotion, that relationship. That's a bad road to be on.

Let's be straight, this is not suggesting that one jumps into the pool of narcissism, essentially worshipping the ground they walk on, taking all

good things for themselves, and treating others badly. No. Don't do that. Just think of yourself the way your dog thinks of you — or would if you had a dog.

Rule 3: Make friends with people who want the best for you. Questions. Do you possibly have any friends who you think might not actually want the best for you? Could anybody secretly be jealous of you, and is just waiting for you to trip and fall face-first in the mud?

Peterson would tell you, and I'll tell you — choose to be around people who want you to succeed like crazy. Associate with people whose lives would be improved if they saw your life improve. And since friendship is reciprocal, you need to want them to do the same. You have to be happy for the good fortune of others.

I've spent most of my years in Guam, and came up with some people who earned great wealth and brought along impressive changes for Guam's people, through business and politics.

Their achievements far surpass anything I've done, and I can only cheer them on. I wouldn't want them to have a nickel less. Their loss in no way could ever be my victory.

I want to be a friend who wants the best for my friends. I want to be a friend like that, so I can have friends like that. If you and I want better friends, we need to start by being a better friend. More tomorrow from Jordan Peterson and *The 12 Rules of Life*.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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