

### RULES ARE FOR SUCKERS

Not all rules are bad. There are lots of really good rules out there. Important rules that we **SHOULD** follow. But there are also a lot of dumb rules out there, rules that make no sense, rules that other people made up just to make themselves feel important.

Chances are, some of those rules, especially the unspoken one, are holding you back, whether you realize it or not.

The secret to overcoming this roadblock is learning how to embrace the mantra that **RULES ARE FOR SUCKERS**. And that involves adopting a few key principles.

### PRINCIPLE #1

#### EMBRACE COMMON SENSE

Just because someone says something is true, or it shows up on the Internet, or because “everyone” is repeating it as fact, doesn’t **ACTUALLY** make it true.

That’s where good old fashioned common sense and critical thinking skills are so important. The next time you hear something that “everyone” is talking about—or freaking out over—ask yourself, “does this actually make sense?” Is this the crisis or emergency that everyone else is making it out to be? Could there be a different perspective

### PRINCIPLE #2

#### QUESTION AUTHORITY

We need to dare to trust our own gut intuition and to use common sense when it comes to peer to peer interactions and “group think” mentality, we also need to dare question those “rules” that come

from a position of power or authority as well. Authority comes from all different places—there is authority from the government and the rules that we have to follow in order to be a law-abiding citizen. There is authority in our workplace and the rules we have to follow at work. There is authority that comes from God and the rules that we follow as part of our religion. There is the authority that comes from our parents, our coaches, mentors, or other people in a position of leadership over us.

And most of this authority is legitimate. **NOT ALL AUTHORITY IS BAD**. Not all rules are bad. In fact, I think it is safe to say that without some rules and established norms for acceptable behavior, there would be complete chaos.

### PRINCIPLE #3

#### DARE TO BE DIFFERENT

Dare to be different and to think outside the box. Just because something has always been done a certain way, doesn’t mean it **ALWAYS** needs to be done that way.

If you think about it, almost every great invention or technological advancement in our society has happened because someone dared to be different, or to do something in a completely new way that had never been done before.

But it’s hard to be different. None of us want to be seen as strange or weird, or open ourselves up to criticism or ridicule.

And yet, why not? Because, when you think about it, what do we really have to lose? Why not push the envelope and see how far we can go? Why not try something new?