

“What 10 Rules of Life would you give my 20-year-old self for a successful, happy and satisfied life?”

1. Set goals for yourself and work towards them.

Whether they are short-term or long-term, having something to strive for will give you a sense of purpose and direction in life. Always be flexible and open to change. Follow your passions and pursue your dreams.

2. Stay true to your values and principles.

Always be honest, kind, and respectful towards others. Treat others the way you would like to be treated and try to understand and empathize with their experiences and perspectives. This will not only make you happier but will also make the world a better place. Treat people with respect, even when they don't deserve it. Be honest, ethical and trustworthy in your relationships and work. Don't lie, cheat, or steal, and do your best to be transparent and upfront with others. Always do the right thing, even when it's not the easy thing. Building trust and integrity will help you to be successful and respected in your personal and professional life.

3. Follow your own path.

Be true to yourself and don't be afraid to be yourself, regardless of what others say. Don't try to be someone you're not, and don't let others pressure you into doing things that go against your values and beliefs. Instead, stay true to your own path in life. Take responsibility for your actions and decisions. Be accountable for your mistakes and failures - learn from them to become a better person, use them as opportunities to grow and improve. Don't blame others for your mistakes or shortcomings.

4. Take care of your physical and mental health.

Eat well, exercise regularly and get enough sleep. Make self-care a priority. This will help you feel your best and be able to tackle whatever comes your way. Take time to relax and recharge - it's important to take breaks from work and other responsibilities to give yourself time to unwind, de-stress and recharge your batteries.

5. Continuously learn and grow.

Never stop trying to improve yourself.

6. Be open to new experiences, challenges and change.

Don't be afraid to try new things and step outside of your comfort zone. Take risks, even if it scares you. This will help you grow and develop as a person.

7. Work hard, be patient and persistent.

Pursue your passions and goals with determination and dedication. Success often takes time, and you will encounter obstacles along the way. Keep working towards your goals. Success rarely comes easily, so be willing to put in the effort and time to achieve your goals. And if you face setbacks, don't give up - keep trying and pushing forward. Stay humble and remember that no matter how successful you become, there is always more to learn.

8. Practice gratitude and focus on the positive.

Be grateful for what you have and strive to make a positive difference in the world. Focusing on the good things in life will help you to be happier and more fulfilled. Don't take anything for granted. Stay positive and optimistic, even in the face of adversity.

9. Surround yourself with good people.

The people you spend time with will have a big influence on your life. Make sure to choose friends and partners who support and inspire you, who are positive and supportive, who lift you up and help you grow. Build and maintain strong relationships with the people you care about. Spend quality time with your friends and family and be there for them when they need you. Cultivate positive relationships with others.

10. Enjoy the present moment.

Take time to enjoy and appreciate the little things in life and cherish the moments that matter most. Don't get too caught up in the past or the future. Appreciate the here and now and savor life's little pleasures. Find balance in your life.

(Basis for this overview: 5 different answers of the AI "Chat GPT" on December 12, 2022 to the question in the header - carefully sorted, weighted and summarized by Calvin John Camp on the same day)