

AI-03384 Simple Rules in Life

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What are rules aside from rule of 3, list 100. Rank by usefulness

Below is a ranked list of 100 widely used “rules,” heuristics, principles, and laws (aside from the Rule of 3), ordered by overall usefulness across life, work, decision-making, investing, health, and relationships.

Ranking is based on:

- Breadth of applicability
- Predictive power
- Simplicity under pressure
- Long-term payoff

This is a general-purpose usefulness ranking, not domain-specific.

🏆 Tier 1: Universally High-Utility Rules (1–20)

1. Pareto Principle (80/20 Rule) – Most results come from few causes
2. Opportunity Cost – Every choice excludes another
3. Compounding – Small gains grow exponentially over time
4. Second-Order Effects – Consequences of consequences matter
5. Margin of Safety – Leave room for error
6. Inversion (Think Backwards) – Avoid stupidity before seeking brilliance

7. Law of Diminishing Returns – More effort \neq proportional gain
8. Systems > Goals – Systems determine outcomes
9. First Principles Thinking – Reason from fundamentals
10. Focus Rule – What you say no to defines success
11. Asymmetric Risk/Reward – Upside > downside bets win
12. Skin in the Game – Incentives reveal truth
13. Regret Minimization Framework – Optimize for future peace
14. Time Preference – Value of now vs later shapes outcomes
15. Simple Scales Better – Complexity fails under stress
16. Survivorship Bias Awareness – Study failures, not just winners
17. Optionality – Keep doors open
18. Path Dependence – Early choices matter disproportionately
19. Feedback Loops – Outputs become future inputs
20. Energy Management > Time Management

Tier 2: High Practical Value (21–40)

1. Parkinson's Law – Work expands to fill time
2. Hanlon's Razor – Don't attribute malice to incompetence
3. Goodhart's Law – Metrics distort behavior
4. Loss Aversion – Losses hurt more than gains help
5. Occam's Razor – Simplest explanation likely correct
6. Reversion to the Mean – Extremes normalize
7. Leverage Cuts Both Ways – Amplifies gains and losses
8. Local vs Global Optima – Short-term wins can block better paths
9. Sunk Cost Fallacy Rule – Ignore irrecoverable costs
10. Trust but Verify

11. Cost of Delay – Time is often the biggest cost
12. Risk Concentration – Survival first, returns second
13. Law of Small Numbers – Small samples mislead
14. Throughput > Efficiency – Flow beats optimization
15. Stress Reveals Structure – Pressure exposes reality
16. Default Bias – Defaults drive outcomes
17. Power Law Distribution – Outliers dominate results
18. Antifragility – Some systems benefit from stress
19. Decision Fatigue – Reduce daily choices
20. Lindy Effect – Longevity predicts future survival

Tier 3: Strong but Context-Dependent (41–60)

1. Rule of Reversibility – Hard to undo = think longer
2. Minimum Effective Dose – Least input for desired outcome
3. OODA Loop – Observe–Orient–Decide–Act faster
4. Tragedy of the Commons – Shared resources degrade
5. Chesterton’s Fence – Don’t remove without understanding
6. Principal-Agent Problem – Misaligned incentives cause failure
7. Signal vs Noise – Most information is useless
8. Golden Rule – Treat others as you wish to be treated
9. Network Effects – Value grows with users
10. Rule of Least Effort – People choose easiest path
11. Escalation of Commitment – Double-down bias
12. Law of Large Numbers – Probabilities stabilize with size

13. Fast vs Slow Thinking – System 1 vs System 2
14. Critical Path Method – One bottleneck dominates timelines
15. Constraint Theory – System output limited by weakest link
16. Moral Hazard – Protection changes behavior
17. Red Queen Effect – Run to stay in place
18. Availability Heuristic – Memorable ≠ probable
19. Halo Effect – One trait distorts judgment
20. Base Rate Neglect – Ignore statistics at your peril

Tier 4: Useful Mental Models (61–80)

1. Maslow's Hierarchy of Needs
2. Peter Principle – People rise to incompetence
3. Broken Windows Theory – Small neglect breeds decay
4. Flywheel Effect – Momentum builds gradually
5. Scarcity Principle – Limited feels valuable
6. Reciprocity Norm – People return favors
7. Anchoring Bias – First number dominates perception
8. Confirmation Bias – We seek what agrees
9. Framing Effect – Presentation alters decisions
10. Diffusion of Innovations – Adoption curves matter
11. Rule of Consistency – Behavior follows identity
12. Status Quo Bias
13. Emotional Contagion – Moods spread
14. Dopamine Loop Awareness – Reward shapes habits
15. Maslow Before Strategy – Physiology precedes planning
16. Rule of Proximity – Near things interact more

17. Law of Attraction (Psychological, not mystical)
18. Social Proof – People copy crowds
19. Endowment Effect – Ownership inflates value
20. Effort Justification – Hard things feel worth more

Tier 5: Situational / Specialized Rules (81–100)

1. Rule of 10/10/10 – Impact in 10 minutes, months, years
2. Rule of 5 Whys – Root cause analysis
3. Rule of 72 – Estimate doubling time
4. Rule of 90/10 – Reaction matters more than event
5. Rule of One Thing – Single priority focus
6. Rule of Comparison – Value is relative
7. Rule of Proportionality – Response should match scale
8. Rule of Slack – Overbooking causes fragility
9. Rule of Redundancy – Backup critical systems
10. Rule of Trust Decay – Trust drops faster than it grows
11. Rule of Practice Variability – Varied training improves retention
12. Rule of Irreversibility – Some choices permanently alter paths
13. Rule of Emotional Peak-End – Memory favors peaks & endings
14. Rule of Short Feedback Cycles
15. Rule of Friction – Small barriers change behavior
16. Rule of Substitution – People replace, not remove habits
17. Rule of Adaptation – Humans normalize gains quickly
18. Rule of Incentives – Behavior follows rewards

19. Rule of Narrative Bias – Stories overpower facts

20. Rule of Enough – More stops improving life

How to Use This List (Practical Tip)

- Master top 10 → You'll outperform most people
- Internalize top 30 → You'll think like an investor/operator
- Reference top 60 → You'll avoid most life errors
- Recognize all 100 → You'll see reality more clearly

If you want next:

- A one-page cheat sheet
- A decision tree mapping which rule to use when
- Or a cartoon / visual mental model map

Just say the word.

From our conversation, create a 100 point life protocol.

Below is a **100-Point Life Protocol** synthesized **directly from our conversations** (rules, decision frameworks, health clarity, finance, relationships, cognition, optionality, and quality living).

This is not motivational fluff.

It is a **living operating system** — principles + behaviors you can actually run.

Think of it as **"How Rigel runs life when thinking clearly."**



The 100-Point Life Protocol

I. Core Operating Principles (1–10)

How to think before acting

1. Survival first. No upside matters if ruin is possible.

2. Protect optionality; close doors slowly, open them fast.
 3. Compounding beats intensity.
 4. Invert problems: ask how this could fail first.
 5. Second-order effects matter more than first impressions.
 6. Simplicity scales; complexity collapses under stress.
 7. Systems beat goals; design the machine, not the outcome.
 8. Time is the ultimate non-renewable asset.
 9. Energy > motivation > discipline.
 10. Avoid stupidity before seeking brilliance.
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II. Decision-Making Protocol (11–20)

How to choose well under uncertainty

1. If irreversible, slow down; if reversible, decide fast.
 2. Always calculate opportunity cost.
 3. Use base rates before narratives.
 4. If you can't explain it simply, don't bet on it.
 5. Prefer asymmetric bets: capped downside, open upside.
 6. Ignore sunk costs completely.
 7. Stress-test decisions under worst-case scenarios.
 8. Optimize for regret minimization at age 80.
 9. Trust incentives more than words.
 10. Default to "no" unless clearly compelling.
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III. Health & Cognitive Clarity (21–35)

Anti-brain-fog, pro-longevity rules

1. Sleep is non-negotiable infrastructure.

2. Blood sugar stability = mental clarity.
 3. Morning light anchors circadian rhythm.
 4. Movement daily; intensity optional, consistency mandatory.
 5. Dehydration masquerades as anxiety and fatigue.
 6. Eat for energy, not entertainment.
 7. Protect mornings from noise and inputs.
 8. Cognitive load kills executive function.
 9. Silence is a performance enhancer.
 10. Reduce inflammation before adding supplements.
 11. Exercise clears more brain fog than nootropics.
 12. Breathe through the nose under stress.
 13. Avoid dopamine stacking.
 14. Intellectual friction (thinking, puzzles, inquiry) preserves cognition.
 15. If fog persists, look medical—not motivational.
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IV. Emotional & Psychological Resilience (36–45)

Stability beats intensity

1. Feelings are data, not commands.
2. Name emotions to reduce their power.
3. Anxiety often signals lack of clarity, not danger.
4. Calm is a competitive advantage.
5. Identity-based habits outperform willpower.
6. Don't confuse stimulation with fulfillment.
7. Emotional regulation precedes good decisions.
8. Detach ego from outcomes.
9. Boredom is a feature, not a bug.

10. Gratitude resets hedonic adaptation.

V. Relationships & Social Design (46–55)

Quality over quantity

1. Choose relationships that reduce cognitive load.
 2. Alignment beats chemistry long-term.
 3. Don't negotiate core values.
 4. Trust is built slowly, lost instantly.
 5. Clear expectations prevent resentment.
 6. Assume good intent; verify behavior.
 7. Proximity shapes influence—choose environments wisely.
 8. Shared experiences > shared opinions.
 9. Protect time with loved ones as sacred capital.
 10. Loneliness is a health risk, not a weakness.
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VI. Career, Work & Purpose (56–65)

Sustainable output, not burnout

1. Leverage beats effort.
2. Skills compound like capital.
3. Specialize where demand meets aptitude.
4. Build reputation before monetization.
5. Output matters more than activity.
6. Focus on throughput, not busyness.
7. Create assets, not just income.
8. Learn continuously, but selectively.
9. Say no to preserve excellence.

10. Work should support life, not consume it.

VII. Finance & Wealth Architecture (66–80)

Anti-fragile money rules

1. Avoid ruin at all costs.
 2. Liquidity = sleep.
 3. Cash is an option, not trash.
 4. Diversify income streams, not conviction blindly.
 5. Risk concentration requires margin of safety.
 6. Debt should increase optionality, not anxiety.
 7. Separate spending, investing, and protection buckets.
 8. Simplicity beats optimization.
 9. Let winners run; cut losers early.
 10. Taxes are a cost—plan, don't ignore.
 11. Inflation is the silent tax.
 12. Wealth is freedom of time and choice.
 13. Measure progress annually, not daily.
 14. Lifestyle creep kills compounding.
 15. "Enough" is a strategic advantage.
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VIII. Environment & Lifestyle Design (81–90)

Design beats discipline

1. Shape environment to make good choices easy.
2. Reduce friction for healthy habits.
3. Increase friction for harmful ones.
4. Physical clutter creates mental clutter.

5. Defaults determine behavior.
 6. Quiet spaces produce deep thinking.
 7. Nature resets perspective.
 8. Travel widens time horizons.
 9. Beauty and order matter psychologically.
 10. Your calendar reveals your values.
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IX. Long-Game Wisdom (91–100)

How to age well mentally and financially

1. Think in decades, act in days.
 2. What survives stress is worth keeping.
 3. Longevity requires boredom tolerance.
 4. Avoid extremes; sustainability wins.
 5. Preserve curiosity—it's cognitive insurance.
 6. Teach what you learn to solidify it.
 7. Make peace with uncertainty.
 8. Reduce future regret, not current discomfort.
 9. Protect health, relationships, and reputation relentlessly.
 10. Design a life you don't need to escape from.
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How to Use This Protocol

- **Daily:** Read 5–10 points
- **Quarterly:** Audit life against sections VI–VIII
- **Annually:** Re-rank what matters (Points 1–10)

If you want next, I can:

- Turn this into a **one-page printable OS**

- Build a **decision checklist using these rules**
- Create a **visual map / cartoon "Life Control Panel"**
- Customize a **mid-40s to retirement version** based on your financial phases

Just tell me which direction.

Gemini

What are rules aside from rule of 3, list 100. Rank by usefulness

Aside from the Rule of Three, the world is governed by mental models, productivity laws, and philosophical heuristics. To rank these by "usefulness," I have prioritized **Foundational Principles** (those that apply to almost everything) over **Niche Tactics**.

Here are 100 rules, ranked by their impact on decision-making, efficiency, and clarity.

Tier 1: The Essential "Heavy Hitters"

These 10 rules have the highest ROI for your time and mental energy.

1. **The 80/20 Rule (Pareto Principle):** 80% of consequences come from 20% of causes. Focus on the vital few.
2. **Parkinson's Law:** Work expands to fill the time available for its completion. Set tight deadlines.
3. **Occam's Razor:** The simplest explanation is usually the right one. Don't overcomplicate.
4. **Compound Interest Rule:** Small, consistent gains lead to massive long-term results (applies to money, habits, and knowledge).
5. **The 2-Minute Rule:** If a task takes less than 2 minutes, do it immediately.
6. **The Inversion Principle:** To solve a hard problem, think about how to fail, then avoid those things.
7. **Hanlon's Razor:** Never attribute to malice that which is adequately explained by stupidity.
8. **The Sunk Cost Fallacy:** Don't keep investing in a mistake just because you've already spent a lot on it.

9. **Murphy's Law:** Anything that can go wrong, will go wrong. Plan for the "what if."
 10. **Circle of Competence:** Stick to what you know; be ruthlessly honest about what you don't.
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Tier 2: Decision-Making & Logic

Rules to help you think more clearly and avoid common traps.

1. **The 10-10-10 Rule:** How will you feel about this decision in 10 minutes? 10 months? 10 years?
2. **Chesterton's Fence:** Don't tear down a fence until you understand why it was built in the first place.
3. **The Pre-Mortem:** Before starting, imagine the project has failed. Why did it happen?
4. **The Law of Diminishing Returns:** After a certain point, adding more effort yields less and less output.
5. **First Principles Thinking:** Break a problem down to its basic truths and rebuild from there.
6. **Eisenhower Matrix:** Distinguish between Urgent vs. Important.
7. **Survivorship Bias:** Don't just look at the winners; study the losers to see what they did wrong.
8. **The Map is Not the Territory:** Your mental model of the world is a simplification, not reality itself.
9. **Circle of Influence:** Focus only on what you can control.
10. **The Lindy Effect:** The longer something has lasted (like a book or an idea), the longer it is likely to last.
11. **Second-Order Thinking:** Ask, "And then what?" Consider the consequences of the consequences.
12. **Regret Minimization Framework:** Choose the path that minimizes the regret you'll feel at age 80.

13. **The 5 Whys:** Ask "Why?" five times to find the root cause of any problem.
 14. **Goodhart's Law:** When a measure becomes a target, it ceases to be a good measure.
 15. **The Red Queen Effect:** You must keep moving just to stay in the same place (evolutionary competition).
 16. **The Law of Large Numbers:** Small samples are volatile; large samples reveal the truth.
 17. **Bayes' Theorem:** Update your beliefs as new information comes in.
 18. **False Dichotomy:** Beware of "either/or" choices; there is usually a third option.
 19. **Opportunity Cost:** Every "Yes" to one thing is a "No" to everything else.
 20. **Skin in the Game:** Only trust advice from people who suffer if they are wrong.
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Tier 3: Productivity & Work

Rules to get more done with less stress.

1. **The 70% Rule:** If you are 70% sure, take action. Waiting for 100% is too slow.
2. **Hofstadter's Law:** It always takes longer than you expect, even when you take into account Hofstadter's Law.
3. **Eat the Frog:** Do your hardest, most important task first thing in the morning.
4. **The Rule of One:** Focus on one goal, one project, or one person at a time.
5. **Batching:** Group similar tasks (emails, calls) together to reduce context-switching costs.
6. **The Pomodoro Technique:** Work for 25 minutes, break for 5.
7. **Zero-Base Budgeting:** Every month (or project), start from zero and justify every expense/task.
8. **The 5-Hour Rule:** Spend 1 hour a day (5/week) on deliberate learning.
9. **Done is Better than Perfect:** Perfectionism is often just procrastination in a suit.

10. **Deep Work:** 90 minutes of focused, distraction-free work is worth 8 hours of "busy" work.
 11. **The Rule of 3 (Productivity):** Define the 3 things you *must* finish today to feel successful.
 12. **Eisenhower's "Delete" Rule:** If it's not urgent and not important, don't do it.
 13. **The Seinfeld Strategy:** "Don't break the chain." Do a small bit of your habit every single day.
 14. **The 1% Rule:** Try to get 1% better at your craft every day.
 15. **Kanban:** Visualize your work (To Do, Doing, Done).
 16. **The "Hell Yeah" or "No" Rule:** If you aren't excited about an opportunity, say no.
 17. **Time Boxing:** Give a task a fixed time slot in your calendar.
 18. **Biological Prime Time:** Identify when you have the most energy and do your hardest work then.
 19. **The Weekly Review:** Spend 30 minutes every Sunday auditing your past week and planning the next.
 20. **Inbox Zero:** Treat your inbox as a temporary processing center, not a storage unit.
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Tier 4: Communication & Relationships

Rules for better human interaction.

1. **The Golden Rule:** Treat others as you want to be treated.
2. **The Platinum Rule:** Treat others as *they* want to be treated.
3. **The 5-Second Rule:** If you have an impulse to act on a goal, you must physically move within 5 seconds.
4. **Active Listening:** Listen to understand, not to respond.
5. **The 2-Pizza Rule:** If a meeting group can't be fed by two pizzas, the group is too large.

6. **Steel-manning:** Express your opponent's argument better than they can before you disagree.
 7. **Pyramid Principle:** Start with the conclusion, then provide supporting data.
 8. **The Rule of Reciprocity:** People feel obligated to return favors.
 9. **Radical Candor:** Challenge people directly, but show you care personally.
 10. **Non-Violent Communication:** Observe, feel, need, request.
 11. **The No-Asshole Rule:** One toxic person can ruin a high-performing team.
 12. **Social Proof:** People look to others to determine "correct" behavior.
 13. **Ben Franklin Effect:** Asking someone for a small favor makes them like you more.
 14. **The Rule of 7:** A prospect needs to hear your message 7 times before they take action.
 15. **Compliment in Public, Criticize in Private.**
 16. **The 90/10 Rule (Relationships):** 10% of life is what happens to you, 90% is how you react.
 17. **The Pygmalion Effect:** High expectations lead to improved performance.
 18. **The Halo Effect:** If someone is good at X, we assume they are good at Y.
 19. **Dunbar's Number:** You can only maintain stable social relationships with about 150 people.
 20. **The "Yes, and..." Rule:** In brainstorming, never say "No," say "Yes, and..." to build on ideas.
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Tier 5: Composition & Design

Rules for aesthetics and creation.

1. **The Rule of Thirds:** Place subjects at the intersections of a 3×3 grid for better photos.
2. **The Golden Ratio:** $1:1.618$ – the "divine proportion" found in nature and art.

3. **The Rule of Odds:** An odd number of subjects (3, 5, 7) is more visually appealing than an even number.
 4. **Hick's Law:** The more choices you give someone, the longer they take to decide.
 5. **Negative Space:** What you leave out is as important as what you put in.
 6. **Leading Lines:** Use lines in an image to lead the viewer's eye to the subject.
 7. **Fitts's Law:** The time to acquire a target depends on its size and distance.
 8. **Color Theory (60-30-10):** 60% primary color, 30% secondary, 10% accent.
 9. **Contrast Rule:** If two elements are not the same, make them very different.
 10. **Gestalt Principles:** The mind perceives the whole before the parts (proximity, similarity, closure).
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Tier 6: Life & Philosophy

Rules for long-term well-being.

1. **The 5-Person Rule:** You are the average of the five people you spend the most time with.
2. **The "Wait 24 Hours" Rule:** Never send an angry email or make a big purchase immediately.
3. **Via Negativa:** Improvement by subtraction. Stop doing the bad stuff instead of adding "good" stuff.
4. **The Law of Attraction (Action version):** You get what you focus on—because you start noticing opportunities for it.
5. **The 20-20-20 Rule:** Every 20 minutes, look 20 feet away for 20 seconds (for eye health).
6. **The Sleep Rule:** Never compromise on 7-9 hours of sleep.
7. **The 10,000 Hour Rule:** It takes roughly 10,000 hours of deliberate practice to master a skill.
8. **Amor Fati:** Love your fate. Everything that happens is fuel for your growth.

9. **The Luck Surface Area:** The more you do and the more people you tell, the "luckier" you get.
10. **The Canvas Strategy:** Help others be successful, and you will eventually succeed yourself.
11. **The Minimalist Rule:** If you haven't used it in a year, get rid of it.
12. **The Gratitude Rule:** Find 3 things you are grateful for every day.
13. **The "No News" Rule:** Stop consuming "breaking" news; read long-form books instead.
14. **The 30-Day Trial:** Try a new habit for 30 days before deciding to keep it.
15. **The "One-In, One-Out" Rule:** For every new item you buy, donate or throw one away.
16. **The Sunday Scaries Rule:** If you hate Sundays, you need a new job or a new perspective.
17. **The "I Don't" vs. "I Can't" Rule:** Say "I don't eat sugar" (identity) instead of "I can't" (deprivation).
18. **The Curiosity Rule:** If you are bored, you aren't paying enough attention.
19. **The Deathbed Test:** On your deathbed, will this matter?
20. **The Golden Rule of Revision:** Everything you just read is a tool, not a law. Use what works, discard the rest.

Would you like me to dive deeper into how to apply any specific tier of these rules to your current goals?

From our conversation, create a 100 point life protocol.

This **100-Point Life Protocol** integrates the mental models, productivity laws, and philosophical heuristics we discussed into a cohesive system for living. It is designed to be a "manual" for decision-making, health, and efficiency.

Phase 1: Mindset & Logic (The Core)

1. Use **First Principles** to solve problems; don't just copy what others do.

2. Apply **Inversion**: To succeed, list everything that would cause failure and avoid it.
 3. Respect **Chesterton's Fence**: Understand why a rule exists before you break it.
 4. Use **Occam's Razor**: If two solutions work, choose the simpler one.
 5. Practice **Second-Order Thinking**: Always ask, "And then what?"
 6. Avoid the **Sunk Cost Fallacy**: Stop pouring resources into losing bets.
 7. Use **Hanlon's Razor**: Don't take things personally; people are usually distracted, not mean.
 8. Update your beliefs using **Bayes' Theorem** when new evidence appears.
 9. Stay within your **Circle of Competence**, but work to expand its edges.
 10. Distinguish the **Map from the Territory**: Your plans are not reality.
 11. Run a **Pre-Mortem**: Imagine a project failed and work backward to prevent it.
 12. Minimize **Regret**: Choose the path your 80-year-old self would be proud of.
 13. Ask the **5 Whys** to find the root cause of any emotional or technical issue.
 14. Beware of **Goodhart's Law**: Don't let the metric become the goal.
 15. Use **Skin in the Game**: Only value advice from those who share the risk.
 16. Practice **Amor Fati**: Accept and love whatever happens as fuel for growth.
 17. Acknowledge **Survivorship Bias**: Study those who failed to get the full picture.
 18. Use **Via Negativa**: Improve your life by removing the bad rather than adding the good.
 19. Think in **Probabilities**, not certainties.
 20. Avoid **False Dichotomies**: There is almost always a middle way.
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Phase 2: Productivity & Execution

1. Apply the **80/20 Rule**: Identify the 20% of tasks producing 80% of your results.

2. Respect **Parkinson's Law**: Give yourself less time to get more done.
 3. Use the **2-Minute Rule**: If it's fast, do it now.
 4. **Eat the Frog**: Complete your most dreaded task at 8:00 AM.
 5. Set **Time Boxes** for every meeting or deep work session.
 6. Protect **90 Minutes** of "Deep Work" every single day.
 7. Follow the **Rule of 3**: Define three "wins" for the day each morning.
 8. Use the **70% Rule**: Decide when you have 70% of the info; 100% is too late.
 9. **Batch** your emails and calls to avoid context switching.
 10. Don't break the chain (**Seinfeld Strategy**) for your most important habit.
 11. Use the **Eisenhower Matrix**: Delete what is neither urgent nor important.
 12. Accept that **Done is Better than Perfect**.
 13. Understand **Hofstadter's Law**: Expect everything to take longer than planned.
 14. Audit your time with a **Weekly Review** every Sunday.
 15. Aim for **1% Gains** daily; rely on the **Compound Interest Rule**.
 16. Use **Zero-Base Budgeting** for your energy: Justify every new commitment.
 17. Identify your **Biological Prime Time** and guard it for high-value work.
 18. Practice **Inbox Zero** to keep your mental overhead low.
 19. Limit choices using **Hick's Law** to avoid decision fatigue.
 20. Expand your **Luck Surface Area** by sharing your work publicly.
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Phase 3: Communication & Relationships

1. Use the **Platinum Rule**: Treat people how *they* want to be treated.
2. **Active Listening**: Repeat back what you heard to ensure clarity.
3. **Steel-man** your opponent's argument before you refute it.
4. **Compliment in Public, Criticize in Private**.
5. Apply the **No-Asshole Rule**: Avoid toxic people regardless of their talent.

6. Use **Radical Candor**: Care personally, but challenge directly.
 7. Leverage the **Ben Franklin Effect**: Ask for small favors to build rapport.
 8. Remember **Dunbar's Number**: You can only truly manage 150 relationships.
 9. Use the **Rule of Reciprocity**: Give value first without expecting a return.
 10. Apply **Non-Violent Communication**: State facts, then feelings, then needs.
 11. Use the **2-Pizza Rule**: Keep teams small to keep them efficient.
 12. Follow the **Pyramid Principle**: Give the conclusion first, then the details.
 13. Use the **10-10-10 Rule** for social anxiety: Will this matter in 10 years?
 14. Say "**Yes, and...**" in creative meetings to keep momentum alive.
 15. Avoid the **Halo Effect**: Don't assume a smart person is smart at everything.
 16. Be aware of **Social Proof**: Don't do things just because the "herd" is doing them.
 17. Focus on your **Circle of Influence**; ignore the rest.
 18. Apply the **5-Person Rule**: Curate your inner circle intentionally.
 19. Use the **Wait 24 Hours Rule** before responding to a provocation.
 20. Speak with **Identity**: Say "I don't" instead of "I can't."
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Phase 4: Health, Wealth & Personal Growth

1. Invest in the **Lindy Effect**: Read books that have been in print for 50+ years.
2. Follow the **5-Hour Rule**: Spend one hour a day learning.
3. Respect the **20-20-20 Rule** to protect your vision.
4. Never compromise on the **Sleep Rule** (7–9 hours).
5. Use **Time-Restricted Feeding** or a consistent meal schedule.
6. Spend at least **20 Minutes** in sunlight or nature daily.
7. Master the **10,000 Hour Rule** through deliberate, difficult practice.
8. Practice the **Gratitude Rule**: Log three wins before bed.

9. Use **Opportunity Cost**: Ask what you are giving up for every new purchase.
 10. Apply the **One-In, One-Out Rule** for physical clutter.
 11. Stop consuming **Breaking News**; it is mostly noise.
 12. Use the **30-Day Trial** for any new lifestyle change.
 13. Remember the **90/10 Rule**: You control your reaction to 90% of life.
 14. Invest early to exploit **Compound Interest**.
 15. Use the **Deathbed Test** to prioritize your values.
 16. Practice **Digital Minimalism**: Delete apps that don't serve a specific goal.
 17. Move your body for at least **30 Minutes** daily.
 18. Drink **Water** before any other beverage in the morning.
 19. Maintain a **"To-Learn" List** as vigorously as your "To-Do" list.
 20. Set a **"Stop-Work" time** to allow for mental recovery.
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Phase 5: Style, Order & Aesthetics

1. Use the **Rule of Thirds** to organize your visual environment.
 2. Apply **Negative Space**: Keep your desk and home surfaces 30% empty.
 3. Use **Contrast**: If something is important, make it stand out visually.
 4. Follow the **60-30-10 Rule** for interior or document design.
 5. Seek the **Golden Ratio** in your compositions.
 6. Organize work with **Kanban**: Visualize the flow of tasks.
 7. Use **Leading Lines** in your workspace to point toward your focus area.
 8. Practice the **Rule of Odds** when decorating or presenting.
 9. Keep your **Friction Low**: Make good habits easy and bad habits hard.
 10. Standardize your **Uniform**: Minimize clothing choices to save brainpower.
-

Phase 6: The "Meta" Protocol

1. **The 5-Second Rule:** If you have an impulse to act, move within 5 seconds.
2. **The "Hell Yeah" or "No" Rule:** If it's not an absolute "yes," it's a "no."
3. **The Curiosity Rule:** If you are bored, you aren't looking deep enough.
4. **The Canvas Strategy:** Find ways to make others look good to clear your own path.
5. **The Red Queen Effect:** Realize that standing still is actually falling behind.
6. **The Law of Diminishing Returns:** Know when to stop polishing.
7. **The Sunday Scaries Rule:** If you fear Monday, your current system is broken.
8. **The Minimalist Rule:** If it hasn't been used in a year, it's gone.
9. **The Pygmalion Effect:** Expect more of yourself and others.
10. **The Golden Rule of Revision:** These are tools, not chains. Break them when necessary.

Would you like me to create a "Quick Start" guide for the first 30 days of implementing this protocol?

Copilot

What are rules aside from rule of 3, list 100. Rank by usefulness

Got it 👍 — you're asking about **rules, principles, or heuristics aside from the "Rule of 3"** (which is often used in writing, design, and communication). I'll give you **50 different rules**, drawn from writing, design, communication, productivity, and general problem-solving. Then I'll **rank them by usefulness** (from most broadly impactful to more niche applications).

50 Rules (Ranked by Usefulness)

Rank	Rule	Domain	Why It's Useful
1	Pareto Principle (80/20 Rule)	Productivity	80% of results come from 20% of effort. Focus on the vital few.

Rank	Rule	Domain	Why It's Useful
2	Occam's Razor	Problem-Solving	Simplest explanation is usually best. Avoid unnecessary complexity.
3	Murphy's Law	Risk Management	Anything that can go wrong, will. Plan for contingencies.
4	Parkinson's Law	Time Management	Work expands to fill the time available. Deadlines matter.
5	Law of Diminishing Returns	Economics/Work	More effort doesn't always mean more results. Know when to stop.
6	First Principles Thinking	Innovation	Break problems down to fundamentals instead of relying on assumptions.
7	Rule of One Thing	Productivity	Do the most important task first.
8	KISS Principle (Keep It Simple, Stupid)	Design/Communication	Simplicity improves clarity and usability.
9	Two-Minute Rule	Productivity	If it takes <2 minutes, do it immediately.
10	Rule of Seven	Memory/Marketing	People remember about 7 items at once; also 7 exposures for recall.
11	Rule of Thirds	Visual Design	Divide space into thirds for balanced composition.
12	Golden Ratio	Design/Art	Proportion (1.618) creates aesthetic harmony.
13	Rule of One Percent Improvements	Growth	Small daily gains compound into big results.
14	Rule of Contrast	Design/Communication	Differences make things stand out.

Rank	Rule	Domain	Why It's Useful
15	Rule of Specificity	Writing	Be concrete, not vague. Specifics persuade.
16	Rule of Clarity	Communication	Clear beats clever.
17	Rule of Consistency	Branding/Design	Consistency builds trust and recognition.
18	Rule of Feedback Loops	Learning	Continuous feedback accelerates improvement.
19	Rule of Prioritization (Eisenhower Matrix)	Productivity	Urgent vs. important distinction.
20	Rule of One Audience	Writing/Marketing	Write for one person, not everyone.
21	Rule of Empathy	Communication	Understand others' perspective before responding.
22	Rule of Testing	Science/Business	Always validate assumptions with experiments.
23	Rule of Iteration	Creativity	First draft is never final. Improve through cycles.
24	Rule of Alignment	Design	Proper alignment creates order and readability.
25	Rule of Contrast in Storytelling	Writing	Juxtaposition creates drama and interest.
26	Rule of Deadlines	Productivity	Without deadlines, tasks drift.
27	Rule of Focus (Monotasking)	Productivity	Multitasking reduces efficiency.
28	Rule of Preparation	Success	Success favors the prepared mind.
29	Rule of Repetition	Learning	Repetition cements memory.

Rank	Rule	Domain	Why It's Useful
30	Rule of Framing	Persuasion	How you present info changes perception.
31	Rule of Balance	Design	Symmetry/asymmetry balance creates harmony.
32	Rule of Contrast in Lighting	Photography	Light vs. shadow adds depth.
33	Rule of Scarcity	Marketing	Limited availability increases perceived value.
34	Rule of Reciprocity	Influence	People return favors.
35	Rule of Social Proof	Psychology	People follow others' behavior.
36	Rule of Chunking	Memory	Break info into chunks for recall.
37	Rule of Headlines	Writing	Headlines determine if people read further.
38	Rule of Storytelling Arc	Writing	Beginning–middle–end structure engages audiences.
39	Rule of Simplicity in Tech	Engineering	Simple systems fail less often.
40	Rule of Redundancy	Safety	Backup systems prevent disaster.
41	Rule of Contrast in Color	Design	Colors must contrast for readability.
42	Rule of Accessibility	Design	Design for everyone, not just the average user.
43	Rule of Patience	Growth	Big results take time.
44	Rule of Curiosity	Learning	Curiosity drives discovery.
45	Rule of Silence	Communication	Pausing can be more powerful than speaking.
46	Rule of Listening First	Leadership	Listen before you lead.

Rank	Rule	Domain	Why It's Useful
47	Rule of Gratitude	Relationships	Gratitude strengthens bonds.
48	Rule of Small Wins	Motivation	Celebrate progress to sustain momentum.
49	Rule of Adaptability	Success	Flexibility beats rigidity in changing environments.
50	Rule of Play	Creativity	Playfulness sparks innovation.

✔ These rules span **productivity, design, communication, psychology, and problem-solving**.

I ranked them by **breadth of usefulness** — the top ones (Pareto, Occam's Razor, Murphy's Law) apply almost everywhere, while the later ones are more situational but still valuable.

Would you like me to **expand each rule with practical examples** (like how to apply Pareto in studying, or Rule of Thirds in photography)? That way, you'd have a ready-to-use handbook instead of just a list.

Perfect — let's expand the list with **50 more rules, principles, and heuristics** beyond the first 50. I'll keep them ranked by **usefulness**, starting with broadly applicable ones and moving toward more specialized or niche rules.

50 More Rules (Ranked by Usefulness)

Rank	Rule	Domain	Why It's Useful
51	Second-Order Thinking	Strategy	Consider long-term consequences, not just immediate effects.
52	Rule of Enough	Productivity	Know when something is "good enough" to avoid perfectionism.
53	Rule of Leverage	Success	Use tools, people, or systems to multiply effort.

Rank	Rule	Domain	Why It's Useful
54	Rule of Opportunity Cost	Economics	Every choice means giving up something else.
55	Rule of Compounding	Finance/Learning	Small consistent actions grow exponentially over time.
56	Rule of Attention	Focus	What you pay attention to grows in importance.
57	Rule of Constraints	Creativity	Limits often spark innovation.
58	Rule of Momentum	Productivity	Starting is more important than perfect planning.
59	Rule of Delegation	Leadership	Delegate tasks others can do, focus on what only you can.
60	Rule of Calibration	Decision-Making	Adjust based on feedback and results.
61	Rule of Transparency	Trust	Honesty builds credibility.
62	Rule of Iterative Design	Engineering	Build, test, refine — don't wait for perfection.
63	Rule of Small Steps	Motivation	Break big goals into tiny actions.
64	Rule of Constraints in Writing	Creativity	Word limits sharpen clarity.
65	Rule of Anticipation	Planning	Think ahead to avoid surprises.
66	Rule of Simplicity in Speech	Communication	Short sentences persuade better.
67	Rule of Contrast in Ideas	Persuasion	Highlight differences to make points stronger.
68	Rule of Scarcity in Time	Productivity	Limited time forces prioritization.
69	Rule of Redundancy in Learning	Memory	Learn the same thing in multiple ways.

Rank	Rule	Domain	Why It's Useful
70	Rule of Reciprocity in Teams	Collaboration	Give support, get support.
71	Rule of Friction	Design	Reduce friction to increase adoption.
72	Rule of Defaults	Behavior	People stick with default options; design them wisely.
73	Rule of Anchoring	Psychology	First information shapes perception of later info.
74	Rule of Contrast in Negotiation	Business	Present extremes to make middle options appealing.
75	Rule of Scarcity in Resources	Economics	Scarcity drives value and innovation.
76	Rule of Redundancy in Systems	Safety	Backup systems prevent catastrophic failure.
77	Rule of Framing in Leadership	Influence	Leaders define how challenges are perceived.
78	Rule of Silence in Negotiation	Persuasion	Silence can pressure others to reveal more.
79	Rule of Listening Twice	Communication	Listen twice as much as you speak.
80	Rule of Storytelling in Data	Analytics	Numbers persuade more when wrapped in stories.
81	Rule of Patterns	Problem-Solving	Spot recurring themes to predict outcomes.
82	Rule of Timing	Success	Right timing often matters more than effort.
83	Rule of Scarcity in Marketing	Influence	Limited offers drive urgency.
84	Rule of Contrast in Branding	Marketing	Stand out by being different.
85	Rule of Relevance	Communication	Tailor message to audience needs.

Rank	Rule	Domain	Why It's Useful
86	Rule of Simplicity in Tech	Engineering	Complex systems fail more often.
87	Rule of Redundancy in Communication	Clarity	Repeat key points in different ways.
88	Rule of Scarcity in Creativity	Innovation	Constraints force originality.
89	Rule of Alignment in Teams	Leadership	Shared goals prevent conflict.
90	Rule of Feedback in Growth	Learning	Feedback accelerates mastery.
91	Rule of Scarcity in Attention	Focus	Guard your attention like a scarce resource.
92	Rule of Contrast in Humor	Writing	Humor often comes from unexpected contrasts.
93	Rule of Scarcity in Energy	Productivity	Energy is finite; manage it wisely.
94	Rule of Redundancy in Safety	Engineering	Double-checks prevent accidents.
95	Rule of Scarcity in Choices	Psychology	Too many choices overwhelm; fewer is better.
96	Rule of Contrast in Learning	Education	Compare examples to deepen understanding.
97	Rule of Scarcity in Discipline	Growth	Discipline is rare; cultivate it.
98	Rule of Redundancy in Memory	Learning	Multiple exposures strengthen recall.
99	Rule of Scarcity in Leadership	Influence	True leadership is rare; value it.
100	Rule of Reflection	Growth	Pause to learn from experience.

✅ Now you've got **100 rules total** — the first 50 plus these 50 more.

The second batch leans more into **psychology, leadership, negotiation, and systems thinking**, complementing the first set's focus on productivity, design, and communication.

Would you like me to **combine all 100 into a single "Rules Handbook"** with grouped categories (e.g., Productivity, Design, Communication, Psychology, Leadership)? That way, you'd have a structured reference instead of just two lists.

From our conversation, create a 100-point life protocol

Excellent — let's take the **100 rules we've built together** and transform them into a **100-point Life Protocol**: a structured, practical guide you can use as a personal framework for living, working, and creating. I'll organize them into **10 categories** (10 points each), so it feels cohesive and actionable rather than just a long list.

100-Point Life Protocol

1. Productivity & Time Mastery

1. Apply the **Pareto Principle (80/20)** — focus on the vital few.
 2. Use the **Two-Minute Rule** — do small tasks immediately.
 3. Respect **Parkinson's Law** — set tight deadlines.
 4. Prioritize with the **Eisenhower Matrix** — urgent vs. important.
 5. Start with the **Rule of One Thing** — do the most important task first.
 6. Break goals into **Small Steps**.
 7. Guard your **Attention** like a scarce resource.
 8. Avoid **Multitasking** — monotask for deep work.
 9. Build **Momentum** — starting matters more than perfection.
 10. Celebrate **Small Wins** to sustain motivation.
-

2. Thinking & Problem-Solving

1. Use **Occam's Razor** — simplest explanation wins.

2. Think in **First Principles** — break problems down.
 3. Apply **Second-Order Thinking** — consider long-term effects.
 4. Recognize the **Law of Diminishing Returns**.
 5. Use **Constraints** to spark creativity.
 6. Spot **Patterns** to predict outcomes.
 7. Apply **Opportunity Cost** — every choice has trade-offs.
 8. Use **Calibration** — adjust based on feedback.
 9. Anticipate with **Scenario Planning**.
 10. Reflect regularly to learn from experience.
-

3. Communication & Influence

1. Keep it **Simple (KISS Principle)**.
 2. Strive for **Clarity over Cleverness**.
 3. Be **Specific** — details persuade.
 4. Use **Framing** to shape perception.
 5. Apply **Contrast** in ideas for impact.
 6. Listen **Twice as Much as You Speak**.
 7. Use **Silence** strategically.
 8. Practice **Empathy** before responding.
 9. Repeat key points (**Redundancy**) for clarity.
 10. Tailor messages for **Relevance** to your audience.
-

4. Learning & Growth

1. Use **Repetition** to cement memory.
2. Apply **Chunking** to break info into parts.
3. Seek **Feedback Loops** for improvement.

4. Learn through **Iteration** — draft, refine, repeat.
 5. Use **Redundancy in Learning** — multiple exposures.
 6. Practice **Curiosity** — ask questions constantly.
 7. Apply **Contrast in Learning** — compare examples.
 8. Use **Storytelling in Data** to remember better.
 9. Reflect after learning sessions.
 10. Compound small improvements daily.
-

5. Design & Creativity

1. Apply the **Rule of Thirds** in visuals.
 2. Use the **Golden Ratio** for harmony.
 3. Balance symmetry/asymmetry.
 4. Use **Contrast in Color** for readability.
 5. Align elements for order.
 6. Reduce **Friction** in design.
 7. Keep systems **Simple** to avoid failure.
 8. Use **Constraints in Writing** for clarity.
 9. Playfulness sparks innovation.
 10. Iterate designs — build, test, refine.
-

6. Leadership & Teamwork

1. Delegate tasks strategically.
2. Align teams around shared goals.
3. Use **Transparency** to build trust.
4. Apply **Reciprocity** — give support, get support.
5. Frame challenges positively.

6. Listen first, lead second.
 7. Value **Scarcity in Leadership** — true leaders are rare.
 8. Encourage adaptability.
 9. Celebrate team wins.
 10. Build redundancy in systems for safety.
-

7. Decision-Making & Strategy

1. Apply **Murphy's Law** — plan for failure.
 2. Use **Deadlines** to force decisions.
 3. Consider **Timing** — right moment matters.
 4. Anchor negotiations with strong first offers.
 5. Use **Contrast in Negotiation** to make middle options appealing.
 6. Apply **Scarcity in Choices** — fewer options reduce overwhelm.
 7. Use **Defaults** wisely — people stick with them.
 8. Apply **Scarcity in Resources** to drive innovation.
 9. Use **Silence in Negotiation** to gain leverage.
 10. Always test assumptions before committing.
-

8. Personal Growth & Mindset

1. Practice **Gratitude** daily.
2. Cultivate **Patience** — big results take time.
3. Build **Discipline** — it's rare and valuable.
4. Stay adaptable in changing environments.
5. Guard your **Energy** as a finite resource.
6. Focus on **Scarcity in Attention** — avoid distractions.
7. Use **Reflection** to grow.

8. Value **Play** as a source of creativity.
 9. Apply **Scarcity in Discipline** — consistency is rare.
 10. Seek **Small Wins** to maintain momentum.
-

9. Relationships & Influence

1. Apply **Social Proof** — people follow others.
 2. Use **Reciprocity** in relationships.
 3. Apply **Scarcity in Marketing** — urgency drives action.
 4. Use **Contrast in Branding** to stand out.
 5. Practice **Empathy** in conversations.
 6. Apply **Rule of One Audience** — speak to one person.
 7. Use **Headlines** to grab attention.
 8. Apply **Storytelling Arc** in communication.
 9. Practice **Listening First** in relationships.
 10. Apply **Rule of Gratitude** to strengthen bonds.
-

10. Safety, Systems & Resilience

1. Build **Redundancy in Safety** systems.
2. Apply **Scarcity in Energy** — rest matters.
3. Use **Redundancy in Memory** — multiple exposures.
4. Apply **Scarcity in Leadership** — value strong leaders.
5. Use **Redundancy in Communication** — repeat key info.
6. Apply **Scarcity in Creativity** — constraints spark originality.
7. Build **Feedback in Growth** systems.
8. Apply **Scarcity in Attention** — focus deeply.
9. Use **Redundancy in Systems** — backups prevent disaster.

10. Reflect regularly to reinforce resilience.

✔ This **100-point Life Protocol** is essentially a **handbook for living**: productivity, thinking, communication, learning, design, leadership, decision-making, personal growth, relationships, and resilience.

Would you like me to **condense this into a one-page "Life Protocol Manifesto"** — short, punchy statements you could print or keep as a daily reminder?

Claude

What are rules aside from rule of 3, list 100. Rank by usefulness

Here are 50 rules ranked by general usefulness:

1. **Pareto Principle (80/20 Rule)** - 80% of effects come from 20% of causes
2. **Two-Minute Rule** - If something takes less than 2 minutes, do it immediately
3. **Compound Interest Rule** - Small consistent actions compound over time
4. **First Principles Thinking** - Break problems down to fundamental truths
5. **10,000 Hour Rule** - Mastery requires approximately 10,000 hours of practice
6. **Occam's Razor** - The simplest explanation is usually correct
7. **Eisenhower Matrix** - Prioritize by urgent/important
8. **5-Second Rule** - Act within 5 seconds before your brain talks you out of it
9. **Golden Rule** - Treat others as you want to be treated
10. **Dunbar's Number** - Humans can maintain ~150 stable relationships
11. **Parkinson's Law** - Work expands to fill the time available
12. **Law of Diminishing Returns** - Additional effort yields progressively smaller benefits
13. **Lindy Effect** - Future life expectancy is proportional to current age
14. **Peter Principle** - People rise to their level of incompetence
15. **Sturgeon's Law** - 90% of everything is mediocre
16. **Hanlon's Razor** - Don't attribute to malice what's explained by incompetence

17. **Dunning-Kruger Effect** - Incompetent people overestimate their ability
18. **Streisand Effect** - Attempting to hide something draws more attention to it
19. **Broken Windows Theory** - Small signs of disorder encourage more disorder
20. **Law of Averages** - Things tend toward the mean over time
21. **Betteridge's Law** - Headlines ending in questions can be answered "no"
22. **Goodhart's Law** - When a measure becomes a target, it ceases to be good
23. **Murphy's Law** - If something can go wrong, it will
24. **Hofstadter's Law** - Tasks take longer than expected, even accounting for this law
25. **Cunningham's Law** - The fastest way to get an answer online is to post the wrong answer
26. **Brooks's Law** - Adding people to a late project makes it later
27. **Conway's Law** - System design mirrors organizational communication structure
28. **Gresham's Law** - Bad money drives out good
29. **Metcalfe's Law** - Network value grows proportional to users squared
30. **Moore's Law** - Computing power doubles approximately every two years
31. **Zipf's Law** - Frequency of items is inversely proportional to their rank
32. **Bradford's Law** - Core journals contain most citations in a field
33. **Benford's Law** - Leading digits in datasets follow a logarithmic distribution
34. **Godwin's Law** - Online discussions eventually mention Hitler/Nazis
35. **Poe's Law** - Extreme views are indistinguishable from parody without context
36. **Campbell's Law** - Metrics used for decisions become corrupted
37. **Price's Law** - Half the work is done by the square root of people
38. **Segal's Law** - Someone with one watch knows the time; with two is never sure
39. **Sayre's Law** - Academic politics are vicious because stakes are so small

40. **Stigler's Law** - No scientific discovery is named after its actual discoverer
41. **Zawinski's Law** - Every program attempts to expand until it can read mail
42. **Wirth's Law** - Software gets slower faster than hardware gets faster
43. **Putt's Law** - Technology is dominated by incompetents
44. **Ninety-Ninety Rule** - First 90% takes 90% of time; last 10% takes another 90%
45. **Finagle's Law** - Anything that can go wrong will, at the worst time
46. **Sutton's Law** - Go where the money is (diagnostic efficiency)
47. **Gall's Law** - Complex systems evolve from simple ones
48. **Postel's Law** - Be conservative in what you send, liberal in what you accept
49. **Linus's Law** - Given enough eyes, all bugs are shallow
50. **Reed's Law** - Network value grows exponentially with group-forming capability
51. **Pygmalion Effect** - Higher expectations lead to better performance
52. **Hawthorne Effect** - People change behavior when being observed
53. **Mere Exposure Effect** - Familiarity increases liking
54. **Zeigarnik Effect** - Incomplete tasks are remembered better than completed ones
55. **Survivorship Bias** - We focus on successes and ignore failures
56. **Regression to the Mean** - Extreme events are followed by more typical ones
57. **Anchoring Effect** - First information disproportionately influences decisions
58. **Reciprocity Principle** - People feel obligated to return favors
59. **Scarcity Principle** - Limited availability increases perceived value
60. **Social Proof** - People follow what others do
61. **Authority Principle** - People defer to perceived experts
62. **Commitment and Consistency** - People align actions with previous commitments

33. **Proximity Principle** - Physical closeness increases relationship likelihood
34. **Hick's Law** - Decision time increases with number of choices
35. **Fitts's Law** - Time to reach a target depends on distance and size
36. **Miller's Law** - Working memory holds 7 ± 2 items
37. **Jakob's Law** - Users prefer sites that work like others they know
38. **Tesler's Law of Conservation of Complexity** - Complexity is constant; you can only move it
39. **Premack Principle** - High-probability behavior reinforces low-probability behavior
70. **Yerkes-Dodson Law** - Performance peaks at moderate arousal levels
71. **Serial Position Effect** - We remember first and last items best
72. **Von Restorff Effect** - Distinctive items are more memorable
73. **Jevons Paradox** - Efficiency improvements increase overall consumption
74. **Braess's Paradox** - Adding capacity can worsen overall performance
75. **Moravec's Paradox** - Hard problems for humans are easy for computers, and vice versa
76. **Amara's Law** - We overestimate short-term tech impact, underestimate long-term
77. **Joy's Law** - Most smart people work for someone else
78. **Shirky Principle** - Institutions preserve problems they're designed to solve
79. **Brandolini's Law (Bullshit Asymmetry)** - Refuting nonsense takes far more effort than producing it
30. **Conquest's Laws** - Everyone is conservative about what they know best; experts are biased
31. **Duverger's Law** - Plurality voting systems favor two-party systems
32. **Iron Law of Oligarchy** - Organizations become dominated by small elite groups
33. **Gibrat's Law** - Firm growth rate is independent of size

34. **Benford's Law of Controversy** - Passion is inversely proportional to information
35. **Clarke's Three Laws** - Advanced technology is indistinguishable from magic; limits are found by going beyond them
36. **Asimov's Corollary** - When people thought Earth was flat, they were wrong; when they thought it was spherical, they were wrong; but not equally wrong
37. **Conquest's Second Law** - Any organization not explicitly right-wing becomes left-wing
38. **O'Sullivan's Law** - Organizations that aren't explicitly conservative drift leftward
39. **Gell-Mann Amnesia Effect** - We forget media is wrong about topics we know when reading other topics
30. **Berkson's Paradox** - Negative correlation appears in selected subgroups
31. **Simpson's Paradox** - Trends in groups reverse when combined
32. **Goodhart's Law Extended** - Once you optimize for a metric, it's no longer useful
33. **Weber-Fechner Law** - Perceived change is proportional to logarithm of stimulus
34. **Power Law Distribution** - Few items account for most of the effect
35. **Laffer Curve** - Tax revenue peaks at some optimal rate between 0% and 100%
36. **Ebbinghaus Forgetting Curve** - Memory retention drops exponentially without review
37. **Hebbian Learning** - Neurons that fire together wire together
38. **Gibbs's Rule** - If data conflicts with beliefs, beliefs are wrong
39. **Chesterton's Fence** - Don't remove something until you understand why it exists
30. **Rumsfeld's Rule** - There are known knowns, known unknowns, and unknown unknowns

These cover psychology, economics, technology, politics, and cognitive science principles.

From our conversation, create a 100 point life protocol.

100-Point Life Protocol

A comprehensive framework for intentional living based on universal principles

I. Decision-Making & Prioritization (1-15)

1. **Apply the Pareto Principle** - Focus on the 20% of activities that produce 80% of your results
2. **Use the Two-Minute Rule** - If a task takes less than 2 minutes, do it immediately
3. **Practice First Principles Thinking** - Break complex problems down to fundamental truths and rebuild from there
4. **Apply Occam's Razor** - When choosing between explanations or solutions, prefer the simplest one
5. **Use the Eisenhower Matrix** - Categorize tasks by urgent/important and prioritize accordingly
6. **Invoke the 5-Second Rule** - When you have an impulse to act on a goal, move within 5 seconds before your mind stops you
7. **Remember Parkinson's Law** - Set tighter deadlines; work expands to fill available time
8. **Check for Chesterton's Fence** - Before removing or changing something, understand why it exists
9. **Recognize Sunk Costs** - Don't let past investments dictate future decisions
10. **Apply Hanlon's Razor** - Assume incompetence before malice
11. **Use Satisficing** - For low-stakes decisions, choose "good enough" rather than perfect
12. **Practice Opportunity Cost Thinking** - Every yes is a no to something else

13. **Leverage Hick's Law** - Reduce choices to speed decisions
14. **Remember the Law of Diminishing Returns** - Know when additional effort stops being worthwhile
15. **Honor Hofstadter's Law** - Things take longer than expected, even when accounting for this

II. Learning & Growth (16-30)

1. **Pursue Deliberate Practice** - Work toward the 10,000 hours with focused, challenging practice
2. **Embrace the Dunning-Kruger Effect** - Recognize that initial confidence often exceeds actual competence
3. **Apply Spaced Repetition** - Review learning at increasing intervals (Ebbinghaus Forgetting Curve)
4. **Use the Zeigarnik Effect** - Leave tasks slightly incomplete to maintain mental engagement
5. **Leverage Hebbian Learning** - Practice related concepts together to strengthen neural connections
6. **Seek Disconfirming Evidence** - Actively look for information that challenges your beliefs
7. **Apply the Feynman Technique** - Teach concepts to identify gaps in understanding
8. **Embrace Productive Failure** - Learn more from mistakes than successes
9. **Practice Metacognition** - Think about your thinking
10. **Use the Von Restorff Effect** - Make important information distinctive to improve retention
11. **Apply Serial Position Effect** - Place key information at the beginning and end
12. **Recognize Survivorship Bias** - Study failures, not just successes
13. **Understand Regression to the Mean** - Don't overreact to extreme performances

14. **Check for Gell-Mann Amnesia** - Remember that sources wrong about familiar topics may be wrong about others
15. **Apply Amara's Law** - Don't overestimate short-term change or underestimate long-term transformation

III. Productivity & Work (31-45)

1. **Leverage Compound Interest** - Small daily improvements create exponential growth
2. **Apply Brooks's Law** - Adding people to late projects makes them later
3. **Use Tesler's Law** - Accept that complexity is constant; you can only relocate it
4. **Remember the Ninety-Ninety Rule** - The last 10% takes as long as the first 90%
5. **Follow Gall's Law** - Build complex systems from simple working systems
6. **Apply Price's Law** - In any group, half the work is done by the square root of the total people
7. **Use Timeboxing** - Set fixed time periods for tasks
8. **Practice Deep Work** - Schedule uninterrupted focus sessions
9. **Batch Similar Tasks** - Group related activities to reduce context switching
10. **Apply the Premack Principle** - Use enjoyable tasks to reward completion of difficult ones
11. **Optimize for Energy, Not Time** - Work on hard tasks when energy is highest
12. **Use the Pomodoro Technique** - Work in focused 25-minute intervals
13. **Remember Wirth's Law** - Software gets slower faster than hardware gets faster
14. **Apply Conway's Law** - Organize teams to match desired system architecture
15. **Leverage Pareto Analysis** - Identify and fix the vital few problems, not the trivial many

IV. Relationships & Social Dynamics (46-60)

1. **Follow the Golden Rule** - Treat others as you wish to be treated
2. **Respect Dunbar's Number** - Maintain deep connections with ~150 people maximum
3. **Apply the Reciprocity Principle** - Give generously to create positive cycles
4. **Use Social Proof Wisely** - Understand its power but don't blindly follow crowds
5. **Leverage the Proximity Principle** - Spend time near people you want relationships with
6. **Remember the Pygmalion Effect** - Hold high expectations for others
7. **Apply the Mere Exposure Effect** - Consistent presence builds liking
8. **Practice Active Listening** - Understand before being understood
9. **Recognize the Fundamental Attribution Error** - Judge yourself by intentions, others by the same standard
10. **Use the Benjamin Franklin Effect** - Ask for small favors to build rapport
11. **Honor Commitment and Consistency** - Keep your word; it builds trust and self-respect
12. **Apply Sutton's Law in Conversations** - Go directly to what matters
13. **Remember Sayre's Law** - Don't make politics vicious over small stakes
14. **Practice Radical Candor** - Care personally and challenge directly
15. **Apply Joy's Law** - Recognize most talented people are outside your organization; collaborate widely

V. Health & Well-being (61-70)

1. **Follow the Yerkes-Dodson Law** - Maintain moderate stress for optimal performance
2. **Practice the 80/20 Nutrition Rule** - Eat well 80% of the time
3. **Apply Progressive Overload** - Gradually increase exercise difficulty
4. **Respect Circadian Rhythms** - Align activities with natural energy cycles

5. **Use the 20-20-20 Rule** - Every 20 minutes, look 20 feet away for 20 seconds
6. **Practice Hormesis** - Expose yourself to beneficial stressors (cold, heat, fasting)
7. **Apply Sleep Hygiene Principles** - Consistent schedule, dark room, cool temperature
8. **Remember Weber-Fechner Law** - Perceive changes logarithmically; small improvements compound
9. **Practice Mindful Eating** - Pay attention to hunger and satiety signals
10. **Use Movement Snacks** - Brief activity bursts throughout the day

VI. Financial & Resource Management (71-80)

1. **Maximize Compound Interest** - Start investing early and consistently
2. **Apply the Latte Factor** - Small recurring expenses compound significantly
3. **Use the 50/30/20 Budget Rule** - 50% needs, 30% wants, 20% savings
4. **Remember Gresham's Law** - Bad money drives out good; keep quality assets
5. **Apply Opportunity Cost** - Every purchase is choosing not to buy something else
6. **Use Dollar-Cost Averaging** - Invest consistently regardless of market conditions
7. **Respect the Laffer Curve Principle** - There's an optimal balance in everything
8. **Practice Geographic Arbitrage** - Leverage location differences in cost of living
9. **Apply Jevons Paradox** - Efficiency may increase total consumption; stay mindful
10. **Remember Metcalfe's Law** - Network value grows with connections; build valuable networks

VII. Mental Models & Thinking (81-90)

1. **Apply Inversion** - Think about what you want to avoid, not just what you want

2. **Use Second-Order Thinking** - Consider consequences of consequences
3. **Practice Probabilistic Thinking** - Think in terms of likelihoods, not certainties
4. **Apply the Map-Territory Distinction** - Remember models aren't reality
5. **Use the Lindy Effect** - Trust what's stood the test of time
6. **Remember Simpson's Paradox** - Trends in subgroups may reverse when combined
7. **Apply Falsification** - Seek to disprove rather than confirm
8. **Use Mental Contrasting** - Visualize success AND obstacles
9. **Practice Counterfactual Thinking** - Consider alternative scenarios
10. **Apply Bayesian Updating** - Adjust beliefs as new evidence arrives

VIII. Personal Development & Character (91-100)

1. **Follow the Broken Windows Theory** - Maintain high standards in small things
2. **Apply the Streisand Effect Inverse** - Some things are better left unaddressed
3. **Practice Gratitude Daily** - What you appreciate, appreciates
4. **Use Implementation Intentions** - Plan when/where/how you'll act
5. **Apply the Peak-End Rule** - Make endings and high points memorable
6. **Practice Self-Compassion** - Treat yourself as you would a good friend
7. **Use the Eisenhower Quote** - "Plans are worthless, but planning is everything"
8. **Apply Stoic Dichotomy of Control** - Focus on what you control; accept what you don't
9. **Practice Identity-Based Habits** - Focus on who you want to become, not just what you want to achieve
10. **Remember Murphy's Law with Preparation** - If it can go wrong, it will—so prepare accordingly

This protocol is meant to be referenced, not memorized. Review periodically and implement principles that resonate with your current life stage and goals.