



# BREAKING THE RULES

10 Rules To  
Break On Your  
Path to Success

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### Introduction

Breaking the Rules is not about breaking laws which were designed to protect you. This ebook is designed to help you navigate the rules of society and decide which rules should and can be broken and why.

You'll learn about antiquated rules made when jobs operated differently and when you knew the people who lived around you. Now, there are certain criteria by which rules can be broken and when they shouldn't.

You'll learn about the criteria of rule breaking and come to know about the top ten rules of society which can be broken effectively. Some of these rules were developed during past times when society operated differently than today.

Changes in technology and the way you work and play have had an impact on the old rules. Now, you know that you don't have to (and shouldn't) work from 9 until 5 every day to get your work done.

Many people are done with commuting to work and choose to work from home, with the help of Skype for meetings and the instantaneous methods of moving files and documents.

You'll also learn about the other rules which can be broken effectively such as "everything your parents say is right" and "take yourself very seriously." Breaking the Rules breaks down each of the ten rules and explains why they were enacted in the first place and then teaches you how to break them effectively.

Your own gut instinct plays a huge part in breaking some of the rules of society. If it doesn't feel right, it's probably not a rule that should be broken. And, there's a way to break a rule without disrespecting or putting yourself in a precarious position.

Breaking the Rules will be a helpful guide in the job market, personal life and dealings with others.

### Chapter 1: What Does “Breaking the Rules” Mean?

There are times when you know it's right to break the “rules” of society and step out to state your opinion and make yourself heard. This eBook, “Breaking the Rules,” certainly doesn't advocate that you break the law – but, ignoring some societal norms and going ahead with what your gut instinct and knowledge indicates is right – is acceptable and preferable.

Sometimes, being a conformist holds you back from success and what would make you happiest in life. For example, if you're a woman who believes the old rule of society that the man should always ask for a date, you may never have the chance to develop a relationship with the man who's going to be your life partner.

And, if you wait for your boss to offer that promotion you've been working and longing for, you may be passed over by someone who “broke the rules” and asked for the job. When you break the rules, expect consequences. Some may be bitter news and others may propel you to success – but at least you took a chance. Just be sure, before you make the leap, that you've thought it out and are ready to make the best decision possible – no matter the end result.

### Criteria for Rule Breaking

There are rules you can break – and those that you don't want to tamper with. The Dalai Lama XIV teaches, “Know the rules well, so you can break them effectively.”

People who don't understand rules and never abide by them are considered sociopaths. They go through life, mindless of anyone else's feelings or the image they're presenting of themselves. They're shameless in their disrespect for others and are the best example of why you should conform to certain societal rules.

The other extreme are those persons who abide by the rules no matter what. They may become stagnated and morph into a shallow and faint image of themselves and who they could be. Trying to live a perfect life by adhering to the rules isn't living at all.

Some criteria you should pay attention to before you break any rule include the following:

- Be true to yourself. Don't break a rule you'd be departing from the values and traditions that you hold dear. Besides the knowledge you have about what is right and wrong, you also have the advantage of “gut instinct.” If breaking a rule makes you feel that you're acting against your morals or ethics, don't do it.
- Knowledge and experience count. Soldiers learn that rules can be broken in circumstances where a life or strategic plan is at stake. Your experience with a situation or the intensity of a situation may be enough to tell you when a rule should be broken to get the best results.

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- Know the risks involved. Carefully consider the repercussions (if any) for breaking a rule. Some risks are fraught with consequences and others let you slide by seemingly easy and without stress. The nature of the risk may not guarantee that the outcome is what you want it to be, but you may regret never taking the chance.
- Don't be concerned with what others think. Of course, if the outcome will hurt people you love, rethink the rule you're about to break. But, if it only involves opinions from others who doubt your ability to succeed or who may not have your best interest at heart, breaking the rule may be worth it.
- Be authentic. Authenticity means that you can reveal yourself because you accept who you are and you're not afraid or ashamed of that. There are likely parts of your psyche that long to go against the system, but if you're authentic you try to find ways to buck the system without making waves in the process. Breaking a few rules can further define who you are.
- Be prepared for the consequences. Breaking some rules with reckless abandon can have devastating effects. Before you decide to be a maverick in your company or other areas of your life, know what the consequences of your actions might be. It makes you stand out when you try and do things no one else is willing to, but always be true to yourself and do it with good intentions and forethought.

Living in a free country lets you enjoy what the school of life teaches about breaking out on your own – and breaking rules to get there. You can change or rewrite some of the rules as you please because nothing is written in stone and your life is a blank canvas that may need some tweaking before it's over.

## Rules are Meant to Be Broken

Society's rules help us to function on a daily basis as a regulated and orderly population. It's true that some rules help to keep us in check and running smoothly, but many times society's rules encumber our efforts to move ahead and solve problems.

Some unenlightened people love to break the rules will-nilly – just to cause shock and awe or for the simple reason that they don't care what others think. But, if you study the rules and become proficient in knowing which rules are made to be broken and which have merit and should be followed, you'll know what to do.

When you master the art of knowing which rules to break, you'll be among those who understand more what the consequences will be if they are broken and which ones could wreak havoc if broken without planning and thinking ahead.

Most people have no desire to break rules that work. It requires effort, planning and an amount of creativity to break a rule than follow it. Besides, most rules work properly and have some benefit to us all.

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Then there are rules that seem to exist for no good reason and are confining and crushing of progress and creativity and take more time and energy to adhere to than breaking them and moving ahead.

Keep in mind that most rules are put into place for a reason. Think carefully before you break one. If a rule fails to work as it should, it's ripe to be broken and you'll gain power by breaking it.

Some rules were put into place during the past, when such rules were reasonable and served a purpose. Others serve no purpose in today's world. For example, the unwritten rule that employees should arrive early and stay late is one that most employers now consider ridiculous.

Many employees stay late working and shouldn't have to be at their desks bright and early the next morning. Employees should trust their hiring abilities and know that the employee will get the job done rather than setting time rules that are expected to be strictly adhered to.

Become a knowledgeable and experienced person with the rules in your life and you'll easily see which are meant to be followed – and which are ready to be broken.

### Main Points of Chapter 1: What Does Breaking the Rules Mean?

Some rules are just meant to be broken. They've been around for decades and no one pays much attention to them anymore. Then, there are the rules that people still follow as a matter of habit. Chapter 1 explains what breaking the rules of society really means and how to know the difference between those you should follow and those you may want to break.

- Breaking the rules doesn't mean breaking the law. This ebook deals with the rules of society rather than those set up to protect us.
- Ignoring some of society's rules is acceptable and preferable and can make you happier than conforming.
- Expect consequences for breaking any rule. The consequence may simply be a raised eyebrow or a smattering of disagreement, but know the rule and how it may affect you when you break it.
- Be true to your beliefs and values. If you break a rule that makes you depart from your traditions and the beliefs you hold dear, you aren't being true to yourself and will suffer worse consequences.
- Arm yourself with knowledge and experience before you break a rule and consider the risks to yourself and others.
- Don't be as concerned with what others think as how much breaking a rule will affect your life and the lives of those you love.
- Don't be afraid to reveal yourself when you break a rule, but don't break rules just for the "fun" of it. Give it much forethought.
- Nothing is written in stone when it comes to rules. Consider your life as a blank canvas that you can pick and choose how to paint the picture.
- Rules of society help us get along with clarity and order. But, some rules of society clearly hamper our creativity and progress.
- Don't break a rule simply to cause chaos. Study it carefully and then decide if it's worth the consequences to break it.
- Know that most rules are put into place for a reason and that reason may have more of a domino effect if you choose to break it. With knowledge and much thought, you'll know when a rule is begging to be broken, and which have value and should remain in place.



### Chapter 2: 10 Rules to Break

During your life's journey, you're sure to run across some rules that seem ridiculous and confining. These are rules that are begging to be broken – and if you have the courage, you should feel free to break them – once and for all.

Society has long dictated certain rules that are meant to guide us to be better educated, realize our dreams, and respect others and any number of reasons to adhere to most of the rules set before us.

Here are the 10 rules of society that you can feel free to break to live a better and happier life:

**1. The 9 to 5 Rule** – This antiquated rule was first implemented by a man named Robert Owens during the Industrial revolution. It was normal for workers to put in 14 hour days to ensure a factory's maximum efficiency.

Owens promoted the idea that no one should work more than 8 hours per day. Henry Ford reinforced the idea with his Ford Motors Company by giving his employees fewer hours (8 hour days) and double pay.

The astounding results were a double increase in Ford's profit margins. Smaller companies began to adopt the policy and it's still a standard for most companies today.

**2. Stay True to Your Goals and Dreams** – Setting goals has always been a good method to realize a plan for your life. It's common to have goals from the time you enter school until you reach the "success" you planned for and dreamed of.

Society dictates that you should stay true to those goals and dreams no matter what – that once you set a goal, there's no veering off the path. Giving up is looked down on and changing your mind makes you look indecisive and confused.

**3. You Need the Right Qualifications to Do That** – "Only qualified applicants need apply" is the common sentence found in most listings for jobs or anything else you may want to do. Unless you have the right credentials, society assumes you can't do the job properly.

This rule was originally set forth to make it easier on the interviewers to weed out those that aren't likely to be able to do a particular job. It's true that some need people with particular knowledge of the job they're asked to perform.

Consider the job, your passion for it and what you can do to find a way in to a position in that field.

**4. Your Parents are Always Right** – Almost every religion teaches us to respect and honor our elders, especially our parents. That old adage works for awhile because when we're young, we need guidance to get us through some of the dangerous or awkward times of our lives.

**5. Be Friendly to Everyone** – This is a definite rule ripe for breaking in today's society. You simply can't be friendly to everyone, because some people will use it to take advantage of you or at least view you as a pushover.

Today's transient society is vastly different from the old small town neighborhoods and farming communities where everyone knew each other and kids could stay outdoors after dark without a care for what might be lurking around the corner.

Guarding your demeanor doesn't mean you should be rude. Honesty and politeness aren't the same as becoming a victim by being too accommodating to people. This old rule could lead to disaster and danger in today's society.

**6. Work Hard and You Will Succeed** – Since you were a kid, you were likely inundated with the "work hard and you'll succeed" philosophy. The grand prizes of wealth, power and status would be yours if you just adhered to this mantra.

This rule worked better in yesterday's society where if you didn't plow the lower forty and get the crops in before sundown, you could lose everything. In a farming society, people had to work from sun-up to sundown to succeed.

The same was true for almost anything you wanted to accomplish in the past. Working hard and sticking to the plan was the only way to succeed in business or individual pursuits.

Today, technology has made it much easier to succeed if you simply work smarter rather than harder.

**7. What Other People Think is Important** – There's always a fear of judgment from other people in your life, especially those you respect and care about.

The impact of this rule is that it may limit you to being what others expect of you rather than soaring to your own heights. Those who fear judgment from others may not take advantage of everything that's available to them.

In the past, our ancestors needed to have cooperation from others in their lives for survival. They also needed to attract mates for reproduction, so being liked and seen as an authority figure was very important.

Those who pursued the wrong path or didn't please others were ostracized from society and their very lives could be in danger.

**8. Always be Humble** – You were likely told from a young age that it's always best to be humble in all your dealings. Teachings from the bible and from prophets and writings in all religions say that being humble is the way to make people like and accept you.

The dictionary defines 'humble' as showing or feeling that you're low in importance. It's the opposite of pretentiousness. But, you don't have to be pretentious to toot your own horn, and in today's world it might be difficult to succeed unless you do tout your own talents or experience.

If you appear too humble, people might misinterpret your demeanor as a "broken

**9. Take Yourself Very Seriously** – Taking yourself seriously is often said to be the best way to progress at work or anything you're passionate about. You likely see blogs and websites online every day where people are so serious, they're literally preaching at others.

This rule is perfect for people who think they're authority figures or have credentials such as doctorate degrees in a certain subject. They can tout their authority and validate their opinions by what they've accomplished so far in life.

If you take yourself seriously, you run the risk of others perceiving you a pompous or a "know-it-all." It's good to aspire to be an authority figure, but inserting a little humility in your attitude can help others take you more seriously.

**10. Mistakes Are a Bad Thing** – Mistakes have always been considered equal to failure. If you say, "I made a mistake taking that job" or "marrying that person," the likely response you'll get is, "I'm sorry." You failed and that's a bad thing.

Mistakes may set you back for awhile, but by no means are they a reason for thinking there's no way you'll ever recover. This rule was likely formed and carried out by people in charge of an assembly line (or who had an assembly line mentality).

When you're working on an assembly line, it can impact everyone down the line and also impact the quality of the product going down the line – so mistakes would be a problem you'd have to fix.

These ten rules should be examined for their relevance today and how you live, but not done away with altogether. They still have validity and there are points you definitely want to bring into your life.

### Main Points of Chapter 2: 10 Rules to Break

There are rules which have been dictated for years – or decades before – that just aren't relevant for how we live and work anymore. Chapter 2: 10 Rules to Break, breaks down ten somewhat antiquated rules which can be pared down or done away with for how we live today.

- Some rules don't fit into today's society. The ten rules mentioned in this chapter were set forth at a time when work situations and life situations were different than today. They need to be tweaked.
- One outdated rule is that you must be qualified for every job. That may still apply to certain careers such as surgeons or electricians, but many jobs today simply need experience and a learning process.
- The 9 to 5 rule was implemented during the days of factories and when it was important to get a certain amount of productivity done during the day. Now, people work on different schedules because technology allows that freedom.
- Mistakes shouldn't necessarily be considered a bad thing. You learn from the mistakes, and no matter how grievous the mistake, you can recover with time and effort.
- In the past, the serious type of personality was considered the most desirable. It signified intelligence and a motivated mindset. Today, it's more about a balance between the two and not taking yourself so seriously that you fail to enjoy life.
- Another rule of yesterday that no longer means as much today is that you should be friendly to everyone. In today's transient society, you don't always know "everyone," and the rule of the day is that you should be cautious.
- Working hard to succeed is another rule that isn't as valuable today as yesterday. Now, "working smarter" is the desired work mode and technology, again, has allowed us to work more efficiently.

### Chapter 3: Why Break the Rules?

Chapter 2: 10 Rules to Break provided a breakdown of ten of the most popular rules of yesteryear that should be re-considered for their worth in today's society. This chapter of Breaking the Rules will provide some guidelines about how to break these rules so you don't always hurt feelings or feel guilt later.

For example, the old rule, "be friendly to everyone," isn't meant to make you a rude person. You should be seen as a friendly person, but in certain circumstances (such as online chats), use caution with your level of friendliness and don't be afraid or reluctant to turn away when you feel that a person isn't genuine.

Read on to discover how the same ten rules you read about in the previous chapter can be restructured so you can and should break them to keep yourself and your possessions safe and to keep making progress toward goals you feel are significant and important to you.

**1. The 9 to 5 Rule** – Job security is important, and the 9 to 5 rule helped to ensure that security by applying certain conditions on work ethics. In the past, the 9 to 5 rule was seen to guarantee a person's presence at his or her desk or within the workplace during certain hours.

Now, that rule can be broken easily with the advent of technology which allows you to work outside the office or during hours that you set for yourself.

While job security ensures a paycheck at a certain time – and to some people, that's very important – it's no longer considered irresponsible to set out on your own to become an entrepreneur.

You should break this rule carefully by building a nest egg before you quit your 9 to 5 job and by gathering as much knowledge as you can about the new job or career you've chosen.

The bottom line is that following your goals and dreams trumps job security – if you approach it in a way that doesn't make you "lose the farm."

**2. Stay True to Your Goals and Dreams** – You may have dreamed of becoming the star quarterback for the Dallas Cowboys when you were in high school. As time went by, you realized you weren't talented enough or getting knocked around a football field became less enticing to you.

At some point it becomes necessary to re-prioritize your goals and rethink your dreams to fit today's reality. Changing your goals and dreams signifies growth and it shouldn't be a scary thing.

If you've built a career in a lucrative field, you may need to think long and hard before changing focus to something else. Mainly, think about the impact a change will have on you and those you love.

You may need to spend some time gaining experience in a field you know you'd enjoy before you leave your present career – especially if you have bills and obligations. Working part time or beginning on a small scale is preferable.

You can make your goals and dreams come true – even if it's going to take a large adjustment. You've just got to do it sensibly. The idea is to seek what will make you happy and complete – even if it means breaking away from a goal or dream you once thought you wanted.

**3. You Need the Right Qualifications to Do That** – You wouldn't have open heart surgery by a person who isn't qualified to be a surgeon, but not every profession needs a degree to work at and enjoy the benefits.

Today, you can look at the multitudes of college dropouts who have gone on to become millionaires, billionaires and/or highly successful and satisfied in their chosen careers.

They pursued the goals and dreams that propelled them on and succeeded even beyond their own wildest dreams. Think about the dreams you have for yourself and how you could break in to the field or career you're passionate about.

Many times, there are ways around the fact that you don't have the right qualifications – you just need to be a little creative and very determined. If you long for a job in another profession, it helps to learn all you can about the job/company before you apply.

There may also be a way for you to get valuable experience through volunteer work – or some college courses that would give you a head start and the knowledge you need to apply for a desired position.

Then, try to get some experience in that vocation, even if you have to volunteer for awhile. When a job you want lists qualifications that you don't have, don't just turn away. Apply for it anyway, be honest, but enthused about getting a job or beginning a profession that you're passionate about.

Be ready to tout your skills and enthusiasm for a profession or a job, even if you don't have the degree that's "required." That may get you through the door, and from there, it's up to you.

**4. Your Parents Are Always Right** – Parents usually mean well and want the best for you, but they're not always right about what you should do with your life.

Respect for the experiences they've had and the knowledge that they love you should always be considered when your parents attempt to guide you in a certain direction, but the ultimate decision should be yours only.

Society and what's available to you has changed remarkably since your parents were your age and their experiences don't reflect what's available to you now.

The bottom line for this rule is to listen carefully to your parents' admonitions and then assess it before applying it to your own life. Avoid arguments and controversy, but be adamant about making your own decisions.

**5. Be Friendly to Everyone** – This rule has become so antiquated that it may actually be considered dangerous to open yourself up and be friendly to everyone. If you have a gut reaction that a person you meet is untrustworthy, intimidating or toxic, don't waste your time and efforts in being friendly.

Also, it's just a fact that when you're over-friendly to others, you may come across as indecisive and phony. And, sometimes when you force yourself to smile and be happy for everyone you meet, it causes stress. You don't walk away from "abuse" because you're too nice or you don't stand up for your values because you need to be friendly and not make waves. It's a recipe for withheld feelings of anger and anger causes stress.

Of course you don't want to tell everyone off because you don't agree with them, but breaking the rule of being friendly to everyone can be very freeing when expressed with confidence.

**6. Work Hard and You Will Succeed** – Not necessarily. There are many people who have spent decades in a cubicle, working from early morning until late at night and still take work home and those who haven't had anything but a nickel raise in years.

What's actually happening when you work hard, ignoring your own wants and needs is that you're making the wealthy wealthier and giving the powerful more power. It's a shame, but in today's world, that's usually how it works.

You can break this societal rule and still succeed by working smarter – not harder. Technology has made it much easier for you to use the amazing tools now available and spend more time being creative and doing what you love rather than trudging along day after day doing repetitive and boring work.

The real rule should be to enjoy what you do, but don't work so hard as to lose yourself in the process. Enjoy your life and all it has to offer. Spend time with family and friends, laughing and living.

Constant work and trying to succeed isn't what life is all about. You don't want to reach the end of your life and think about what you didn't do and those you wish you'd spent more time with.

**7. What Other People Think is Important** – Rather than live your life wondering what others think of you, try pleasing yourself and being selective in those you pal around with.

There are many things which can push you in a direction you don't agree with – to do what “they” think is important over what you put first or enjoy. One is a fear of the judgment you might receive from society if you go against the “norm.”

Another reason you may adhere to others' values and rules is lack of self-confidence. You may be working or dealing with others who seem to have more experience and knowledge than you, but when you stop comparing yourself to them, you'll begin to enjoy your work more.

Jealousy is a thing you must contend with – especially in the workplace. Don't let others knock you off track of your goals and dreams because they seem to judge you. It may be jealousy that you've got the nerve and determination to do what they can only dream of.

**8. Always be Humble** – Humility is a desired trait in some instances, but you might be considered weak and ineffective if your humility interferes with making others aware of your accomplishments.

Humility is mentioned in the bible and other prophetic literature of long ago as one of the most desired traits that will get you into “heaven,” “nirvana,” or to the ultimate status in the afterlife.

It's true that a bit of humility can seem like sugar in bitter medicine when needed, but be careful you don't go overboard. Sometimes a firm stance is needed to make your point.

Strength and determination are more desired traits than humility in the world of business – and life – but humility can definitely play a part in your life's journey.

**9. Take Yourself Very Seriously** – Sure, you should take yourself seriously. If you don't, no one else will. Just be sure to laugh at yourself too. Those who take themselves too seriously can make the impression of being stodgy or difficult. When you take your job too seriously, you run the risk of turning off those around you. Learn to laugh and be ready to have fun when the occasion arises. One big downfall of taking your job too seriously is that you may tend to micro-manage. That can be a waste of time and an annoyance to those who are trying to do a job.



**10. Mistakes Are a Bad Thing** – Not at all! A baby doesn't simply get up and walk across the room. She may fall a few times until she gets her balance. It's the same with new things and ideas you may want to attempt in your own life. Some of the best lessons in life are learned from making mistakes. But, if you don't learn from those mistakes, you're likely to keep making the same ones over and over again.

When you make a mistake in your job or in life, take some time to assess what went wrong. Analyzing the mistake can provide the answers you need to get past whatever error was made and continue on your journey.

Everyone hates making mistakes, especially if it impacts others. You may feel anger, guilt and shame. Learn to forgive yourself (and others) for mistakes. Do what you can to rectify them and move on.

Before you break a rule, ask yourself what the ramifications will be. Rules were meant to protect us from something, but some rules can be broken for our own benefit and the benefit of others.

Breaking the rules doesn't always reflect badly on your character. There are society rules that we can break without breaking boundaries. Others, such as morality, may affect what you and others think of yourself.

If breaking a rule is going to change your behavior or your good reputation, think long and hard before you break it and ask yourself if it's worth the risk.

### Main Points of Chapter 3: Why Break the Rules?

There are rules you can break that have been dictated for years by society that are outdated. For example, the rule of working 9 until 5 every day can now be broken so that you can work much more effectively and enjoy more progress. This chapter deals with why and how you can break some of the rules – and some cautions about breaking others.

- Taking yourself too seriously is one rule that was first designed to make you seem more professional in your demeanor. Now, it's best to lighten up and add a bit of humor into your life, no matter what you're doing. It's easier on the mind and body too.
- The rule of "your parents are always right" is a rule that is good when you're a child and need protection from all the things that could harm you. But, as you gain more experience, you may be the only one who knows what's truly best for you.
- Practicing humility in your life is a good thing as long as it doesn't set you apart as a weak or ineffective person. Most professions or jobs today require that we set ourselves up to be strong leaders, but adding a bit of humility in the equation can't hurt.
- Staying true to your goals and dreams is a rule that is touted in the media, books and magazines. It's always a good thing to pursue your goals and dreams, but don't be afraid to change your mind.
- Before you break a rule, be sure you're willing to face the consequences, if any.
- Making errors isn't necessarily a bad thing. You can learn lots from your mistakes if you simply accept that it happened and analyze the problem and how you can ensure it never happens again.
- Being friendly to everyone is no longer logical in today's world. Caution trumps friendliness – which doesn't give you a free pass to be rude, but does mean you should be careful about your level of friendliness.

### Chapter 4: Breaking the Rules of Society to Meet Your Goals

The human race has put forth some very strange rules that are made to be broken in some instances. Some of these rules are antiquated – not relevant in today's society – and some are simply misguided.

The rules put in place long ago were no doubt designed to help us reach our goals and fulfill our dreams, but times have changed the way most of these rules are viewed today.

This ebook, *Breaking the Rules*, doesn't advocate that you break the law. Those rules and laws were made to protect you, and if you disagree with the law, you can work through the proper channels to change them.

Breaking the Rules is meant to be a guide that you can use to break the rules of society when needed to make life better and more prosperous for yourself. Sometimes people are hesitant to break rules because they're afraid of what people might think of them, but only those willing to step out from the norms of society and make a few waves can expect a reward that is above and beyond the norm.

There are criteria for rule breaking that are outlined in this book, and you should know them so you can break the rules effectively. Because there are certain rules of society that you should always adhere to, this is an important lesson for you to learn from this ebook.

Criteria for rule breaking include being true to the values you've set for yourself. When you depart from a rule, it's best to use your gut instinct to guide you. You'll know when the thought of breaking a rule feels bad – or when it feels right and like something you should do for your own good or the good of others.

You should be concerned with what people think of the rule you're breaking, but not so much that it fills you with guilt or breaks the heart of someone you care about.



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