

The New Rulebook

'The wisdom that
we need to live a
better life.'

Jacinta Parsons

Notes from
a psychologist
to help
redefine the
way you live

'As refreshing as
it is needed.'

Jessica Sanders

'Chris Cheers is a
lighthouse of
a human being.'

Benjamin Law

Chris Cheers

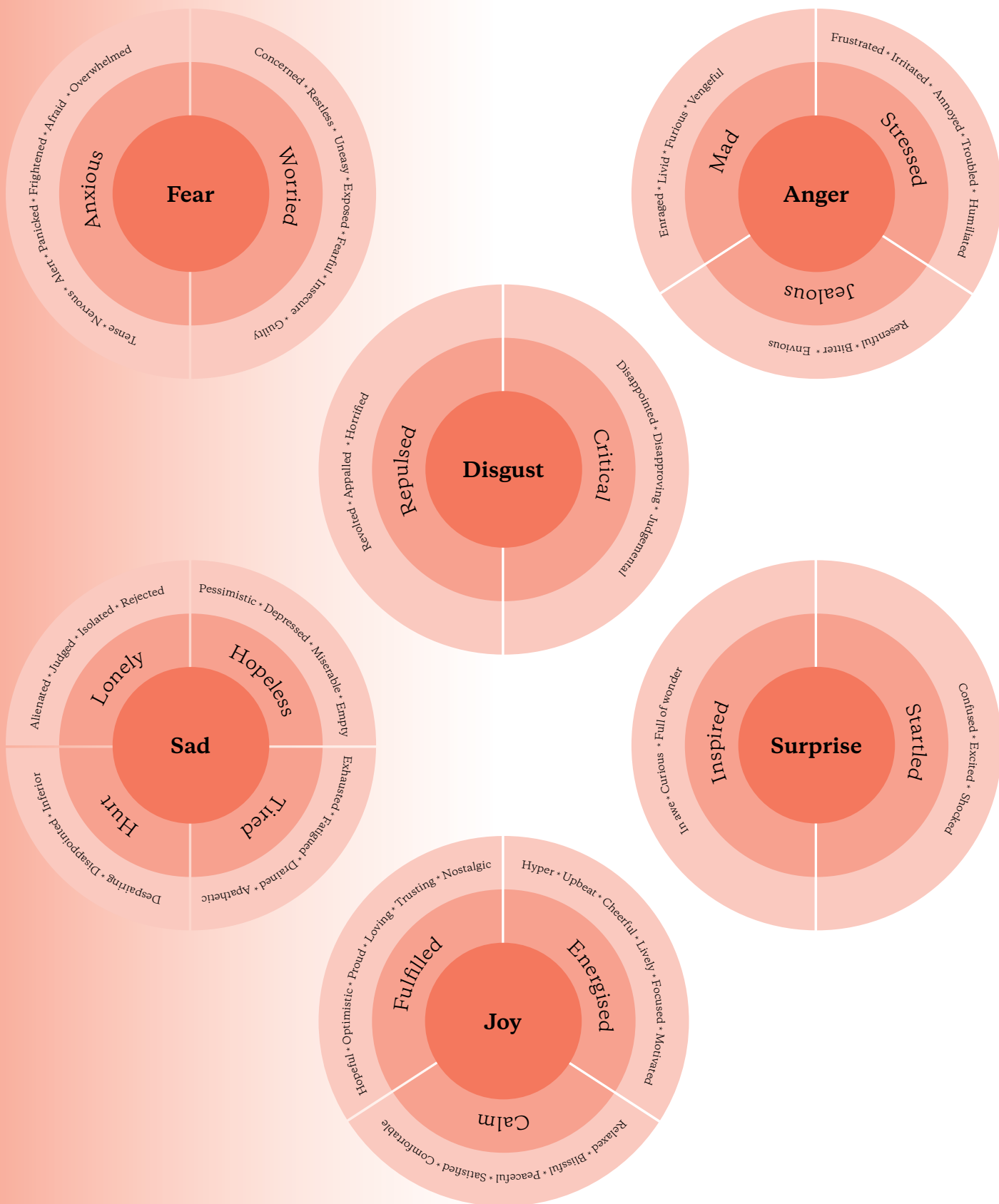
'A must read.'

Osher Günsberg

Scan for
The New Rulebook
Resources



How to move through emotions



Who am I?

Acceptance	Accountability	Achievement	Adaptability
Adventure	Ambition	Authenticity	Balance
Beauty	Collaboration	Community	Compassion
Competence	Confidence	Connection	Contribution
Cooperation	Courage	Creativity	Curiosity
Dedication	Dependability	Diversity	Efficiency
Environment	Equality	Ethics	Excellence
Fairness	Faith	Flexibility	Forgiveness
Freedom	Friendship	Fun	Generosity
Grace	Gratitude	Growth	Health
Honesty	Hope	Humility	Humour
Inclusion	Independence	Initiative	Integrity
Intuition	Joy	Justice	Kindness
Knowledge	Leadership	Learning	Legacy
Love	Loyalty	Nature	Openness
Optimism	Order	Patience	Peace
Perseverance	Power	Pride	Recognition
Reliability	Resourcefulness	Respect	Responsibility
Safety	Security	Self-respect	Serenity
Spirituality	Success	Teamwork	Travel
Trust	Truth	Understanding	Vision
Vulnerability	Wealth	Wellbeing	Wisdom