

LIFE MIGHT BE SHORT, OR IT MIGHT BE LONG. EITHER WAY,  
**BETTER TO ENJOY IT.**

**LEARN TO APOLOGIZE.**

If you feel overwhelmed,  
stop checking your phone.



SMILE  
at the  
barista.

ACCEPT THAT YOU'RE  
DIVERGENT. GO WITH IT.

**IF YOU ARE TIRED, REST.**

**SAY YES**  
with abandon.

LET YOURSELF FEEL  
WHAT YOU FEEL.

If you can't  
**solve**  
a problem,  
take a walk.

**Embrace the**  
BETTER-THAN-NOTHING PLAN.

**DEVELOP GOOD HABITS;**  
you won't need so much willpower that way.

**Remember when**  
you've been brave before.

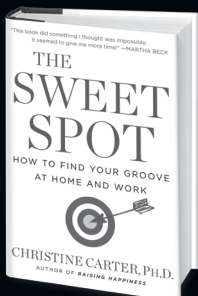
**SAY  
NO**  
strategically.

LOOK FOR OPPORTUNITIES TO SHOW  
**COMPASSION AND  
GENEROSITY.**

CONSIDER  
THAT YOUR  
WORRY ISN'T  
LEGITIMATE.

**REPAIR YOUR  
MISTAKES.**

**CHAT WITH  
FOLKS ON THE TRAIN.**



UNDERSTAND THAT HAPPINESS IS  
**ONLY THE CART;**  
**LOVE IS THE HORSE.**

**FORGIVE YOURSELF, AGAIN.**