

(#1)

7 RULES OF LIFE

1. SMILE

IT ALWAYS WORKS OUT IN THE END!

2. BE KIND

YOU HAVE THE POWER TO MAKE PEOPLE FEEL GOOD!

3. DON'T GIVE UP

IF IT DOESN'T WORK THE FIRST TIME, FIND ANOTHER WAY!

4. DON'T COMPARE

EVERYONE'S ON A DIFFERENT JOURNEY!

5. AVOID NEGATIVITY

AVOID NEGATIVE THOUGHTS, SITUATIONS & PEOPLE!

6. MAKE PEACE WITH YOUR PAST

FOCUS ON BEING PRESENT & CREATING A BETTER FUTURE!

7. TAKE CARE OF YOUR BODY & MIND

ONE STRUGGLES TO SURVIVE WITHOUT THE OTHER!

(#2)

7 RULES OF LIFE

1. LET IT GO

NEVER RUIN A GOOD DAY BY THINKING ABOUT A BAD YESTERDAY.

2. IGNORE THEM

DON'T LISTEN TO OTHER PEOPLE. LIVE A LIFE THAT'S EMPOWERING TO YOU.

3. GIVE IT TIME

TIME HEALS EVERYTHING.

4. DON'T COMPARE

THE ONLY PERSON YOU SHOULD TRY TO BEAT IS THE PERSON YOU WERE YESTERDAY.

5. STAY CALM

IT'S OKAY NOT TO HAVE EVERYTHING FIGURED OUT. KNOW THAT IN TIME, YOU'LL GET THERE.

6. IT'S ON YOU

ONLY YOU ARE IN CHARGE OF YOUR HAPPINESS.

7. SMILE

LIFE IS SHORT. ENJOY IT WHILE YOU HAVE IT.

