

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.

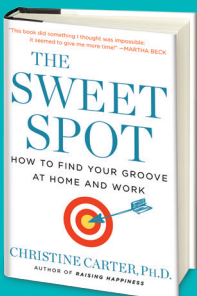
DEVELOP GOOD HABITS;
you won't need so much willpower that way.

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.



ChristineCarter.com

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

FORGIVE YOURSELF, AGAIN.

**REPAIR YOUR
MISTAKES.**

**CHAT WITH
FOLKS ON THE TRAIN.**