

THE 9 RULES OF LIFE

I. BE KIND TO EVERYONE.

Be Kind even if they're a little bit mean.
You have no idea what they're dealing with.

2. ALWAYS SAY "THANK YOU."

Gratitude is the greatest superpower. Use it generously.

3. BE NICE TO YOUR FUTURE SELF.

They'll thank you for that glass of water you drank,
the workout you did, and that tooth you brushed.

4. DON'T COMPARE YOURSELF TO OTHERS.

You're on your own adventure—not a competition.

5. DON'T OVERTHINK IT.

Sometimes the best plan is to have no plan at all.

6. SAY "YES" TO NEW THINGS.

Even if it's just a new flavour of ice cream.

7. EMBRACE THE WEIRD.

Your weirdness is your superpower. Unleash it.

8. HAVE A "DO NOTHING" DAY.

It's not laziness—it's recharge time.

9. ALWAYS TAKE THE SCENIC ROUTE.

Life isn't a race; it's a road trip.