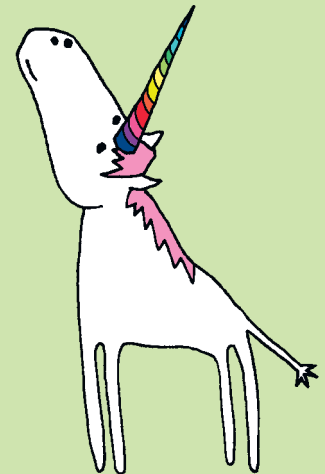




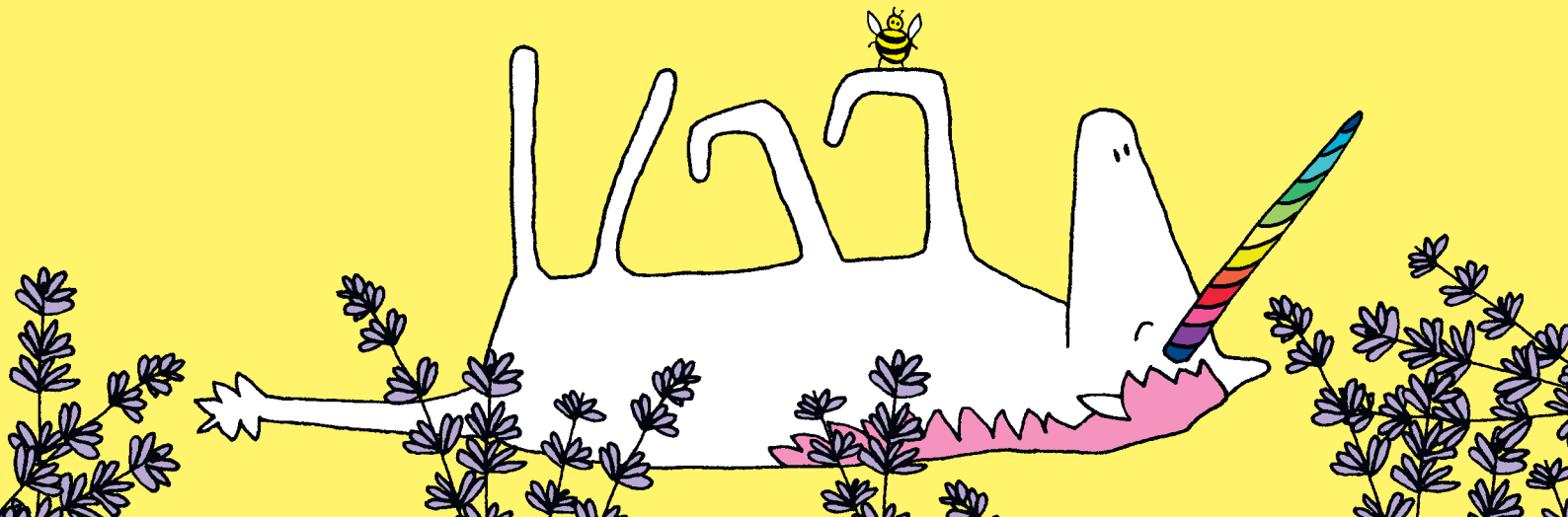
**UNICORN'S
10 RULES FOR
A GOOD LIFE**

- Be nice. It's free and easy, and if you do stuff for others it makes you feel really good inside.
- A little bit of daydreaming can be fun, but it's much better to trot up the mountain, smell the flowers and make things happen... it's good to take part.
- Every day brings something good, funny, new or exciting... jot it all down and remember to feel thankful.
- Know that sometimes you will make mistakes, after all you are only a unicorn. It's not the end of the world, so be kind to yourself.
- Your time is precious so spend it with like-minded unicorns and those who are important to you.

- Don't just chat, listen... there is wisdom all around if you choose to hear it.
- Make time to do nothing, and give your mind a good rest so you can be fresh as a daisy for whatever comes next.
- Cake is delicious but unicorns cannot live by cake alone... eat the kale too and you will keep healthy. And if you do some exercise as well that's even better.
- Buying and accumulating stuff will not make you happy, the best things in life really are free... hugs, kisses, sunshine, smiles, rainbows, flowers and small furry animals.
- Love yourself, even your lumps and bumps... they are all part of what makes you a unique, special and mythical creature.



Unicorn had spent a bit too
long smelling the lavender.



When stressed,
Unicorn put on loud
music and made a
warming casserole.



Being different could
be hard, but Unicorn
embraced it.





On bad days, Unicorn felt sure that there would be something better just around the corner.

Unicorn thought he
was good enough.

