

Illustrated by Mary Engelbreit

For \_\_\_\_\_

From \_\_\_\_\_



Be nice to yourself!



GET ONE.



Lives...Get One





The hustle-bustle hurry  
that we live in  
can keep us jumping,  
always on the run.  
It's one thing or another  
every minute.  
We've got to get a life  
and have some fun!





# TIME FLIES



WHETHER YOU'RE HAVING FUN OR NOT





We zoom about,  
performing as expected.  
Time flies as we  
accomplish every task.





If there's a job to do,  
we're always willing.  
If someone needs a favor,  
they just ask.







“Make everybody happy”  
is our credo...  
be conscientious,  
never count the cost.



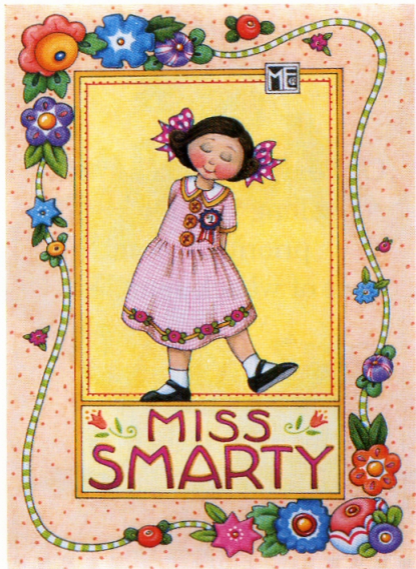






Become the person  
everyone relies on...  
the one without whose help  
all would be lost.





MISS  
SMARTY



Our days are check-marks  
on a long “To Do” list...  
priorities seem  
out of whack somehow.







It's time  
to make some changes  
and start living!  
We've got to get a life,  
beginning now!





I HAVE NEWS FOR YOU





Remember things  
that used to be relaxing?  
The wake-up call  
of robins in the spring?





LITTLE ROBIN

ME



A magic moment  
basking in the sunset?  
The wonder gazing  
at the stars can bring?





SHAKESPEARE





Recall the things  
that used to give us pleasure  
before we started  
putting others first...







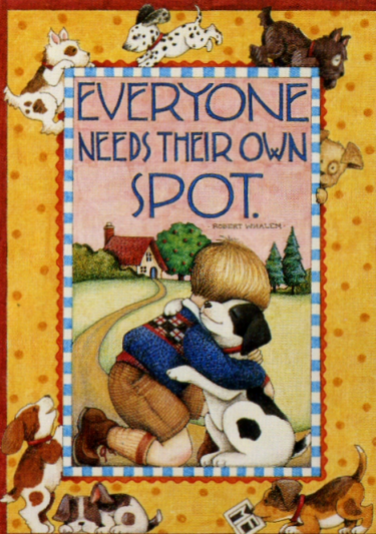
A furry friend  
that helped to boost our spirits  
whenever we were feeling  
at our worst...





EVERYONE  
NEEDS THEIR OWN  
SPOT.

ROBERT WHALLEN





The promise of a brilliant  
morning sunrise...







A chatty letter from a  
favorite friend...





I Love to  
hear from you!



A painted rainbow  
from a passing cloudburst...  
a confidant on whom  
we can depend.





FOR THERE IS NO FRIEND  
LIKE A **SISTER** IN CALM OR  
STORMY WEATHER  
- CHRISTINA ROSETTI -





It's time we took control  
of how we're living  
by doing more  
of everything we like.



M

AKE THE MOST OF  
YOURSELF ..... FOR  
THAT IS ALL IS OF  
THERE IS OF  
YOU.

RALPH  
WALDO  
EMERSON





Create a watercolor!  
Learn piano!  
Begin a course in Bonsai!  
Ride a bike!

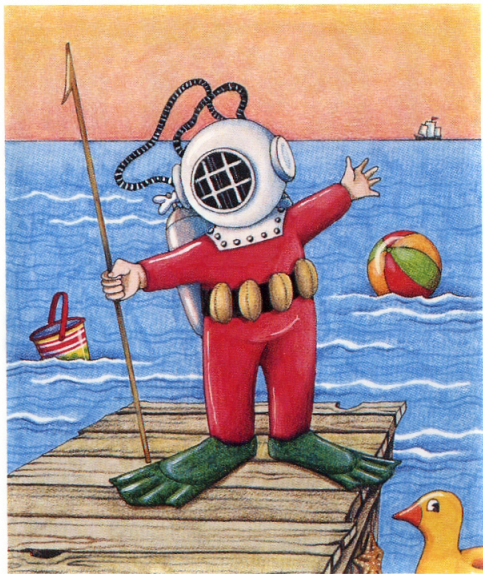






We need to nourish  
talents we've neglected...  
who knows what  
revelations lie ahead...







And if we're not quite ready  
to get active,  
allow ourselves to spend  
all day in bed!





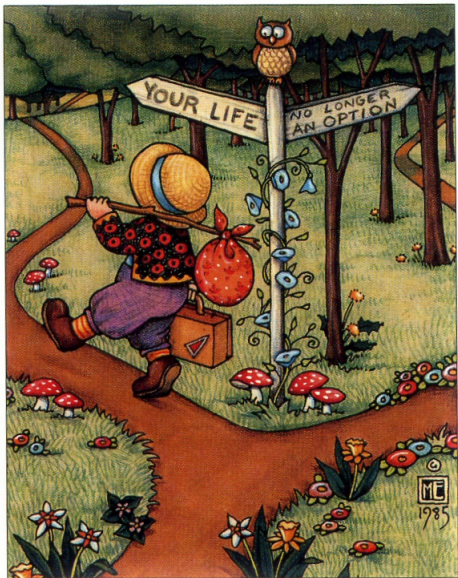
CEASE TO ASK WHAT THE MORROW WILL BRING  
AND SET DOWN AS GAIN EACH DAY THAT FORTUNE GRANTS





Perhaps the wanderlust  
commands our spirit!  
Who cares if friends and  
loved ones are surprised?







We've earned the right  
to be a bit indulgent,  
and that's the way we get  
re-energized!





THE  
PRINCESS  
OF  
QUITE·A·LOT



It's great to be responsible,  
but face it—  
we all need some relief  
from daily stress.



LIFE'S TOO MYSTERIOUS...



19 ME 00

DON'T TAKE IT SERIOUS!



It's up to us to make  
each day rewarding  
and give ourselves  
the gift of happiness.