



Ruby Redhat's **TOP TEN** Rules for Living

1 **Accept reality and live in the here and now.**
Ruby can't be bothered with "what-ifs" or regrets. She says they interfere with her fun!

6 **Dress up!**
Ruby adores embellishing whatever she is wearing with glitz, glitter and glam!

2 **Accentuate the positive.**
Ruby always chooses to find the good in any situation she is faced with. She says she would rather develop laugh lines than frown lines.

7 **Cultivate an openness to new things.**
Ruby will try almost anything.

3 **Nurture yourself.**
Ruby listens to herself and provides for her own needs. When she needs a break, she gives herself one!

8 **Express your creativity.**
Ruby thinks "outside the hatbox."

4 **Indulge your sense of humor.**
Ruby heartily appreciates the value of laughter.

9 **Exercise compassion.**
Ruby loves to laugh and cry with others.

5 **Play!**
Either Ruby never grew up all the way or she has regressed. In either event, she knows how to have a great time!

10 **Have courage.**
Ruby knows she is up to the challenge of whatever may come.

