

BUILDING A HAPPIER SOCIETY TOGETHER



ACTION FOR HAPPINESS



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ACTION FOR HAPPINESS

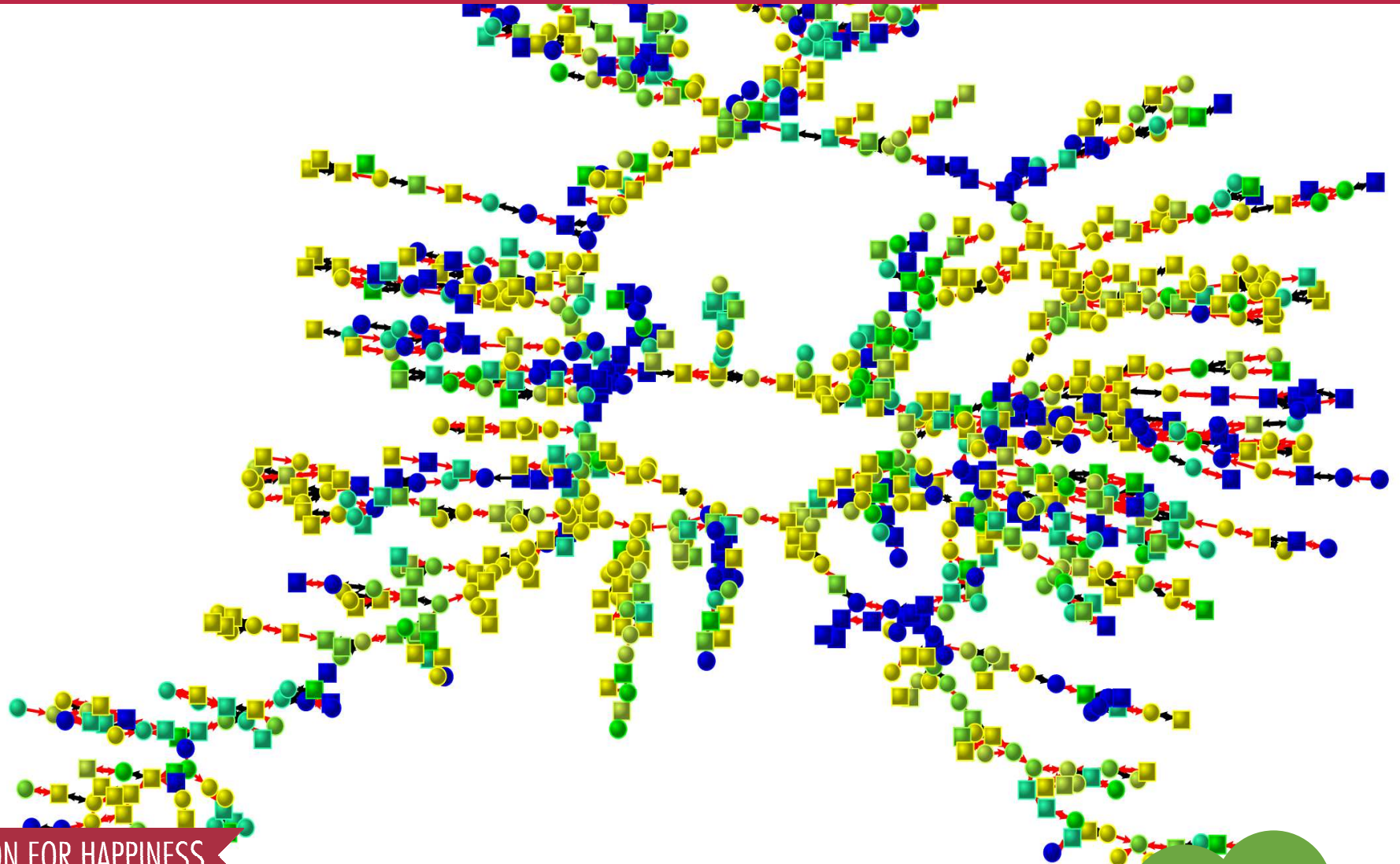


Our happiness isn't fixed. It's in our hands

HAPPINESS

ACTION FOR HAPPINESS

We affect the happiness of others around us too



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GREAT DREAM: Ten Keys to Happier Living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

APPRECIATING



Notice the world around

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTION



Take a positive approach

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

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GREAT DREAM: Ten Keys to Happier Living

if you want to
FEEL GOOD
do good

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Do things for others
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If you can't **CHANGE** it,
change the way you
THINK about it

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Find ways to bounce back
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SEE LIFE AS IT IS, BUT
FOCUS ON THE GOOD BITS

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Take a positive approach
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50 practical actions to take



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Let's put the things that matter first

Join the movement. Be the change

THE MOVEMENT IS GROWING
4359 FROM 68 MEMBERS

WHAT IS ACTION FOR HAPPINESS?

Action for Happiness is a movement for positive social change. We're bringing together people from all walks of life who want to play part in creating a happier society for every one of us.

For fifty years we've aimed relentlessly at higher scores but despite being much wealthier, we're no happier than we were five decades ago. At the same time we've seen an increase in wider social issues, including a worrying society and depression to young people. It's time for a positive change in what we mean by progress.

[Read more](#)

ACTIONS TO CREATE A HAPPIER SOCIETY

- Action 4: Find three good things each day
- Action 5: Do kind things for others
- Action 6: Create a local Action for Happiness group
- Action 7: Find three good things each day
- Action 8: Thank the people you're grateful to
- Action 9: Look for the good in those around you
- Action 10: Bring mindfulness into your day
- Action 11: Find your strengths and focus on using them
- Action 12: Get help if you're struggling
- Action 13: Help kids build emotional resilience
- Action 14: Use positive parenting techniques
- Action 15: Volunteer your time, energy and skills
- Action 16: Try something new or different
- Action 17: Help out a friend in need
- Action 18: Make something happen for a good cause

EXPLORE THE TEN KEYS TO HAPPIER LIVING

Featured: Do things for others

Our generosity is hard-wired to the world and positive in our hearts. When we give our time, energy and kindness to others it's never selfishness, it's the greatest gift we can give.

- Connect with people
- Take care of your body
- Notice the world around
- Keep learning new things
- Have goals to look forward to
- Find ways to bounce back
- Take a positive
- Be comfortable
- Be part of

TAKE ACTION

This is where it all starts! Small things can cause big positive changes, so choose an action and make it happen.

BROWSE ALL ACTIONS

EXPLORE THE ACTIONS: ALL ACTIONS (00)

- Action 1: Take the Action for Happiness pledge
- Action 2: Do kind things for others
- Action 3: Create a local Action for Happiness group
- Action 4: Find three good things each day
- Action 5: Thank the people you're grateful to
- Action 6: Look for the good in those around you
- Action 7: Bring mindfulness into your day
- Action 8: Find your strengths and focus on using them
- Action 9: Get help if you're struggling
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- Action 15: Make something happen for a good cause
- Action 16
- Action 17
- Action 18

ACTION FOR HAPPINESS

Our network of partner organisations



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4,500 members in 68 countries and counting...



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So many wonderful people to thank...

Thank You

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