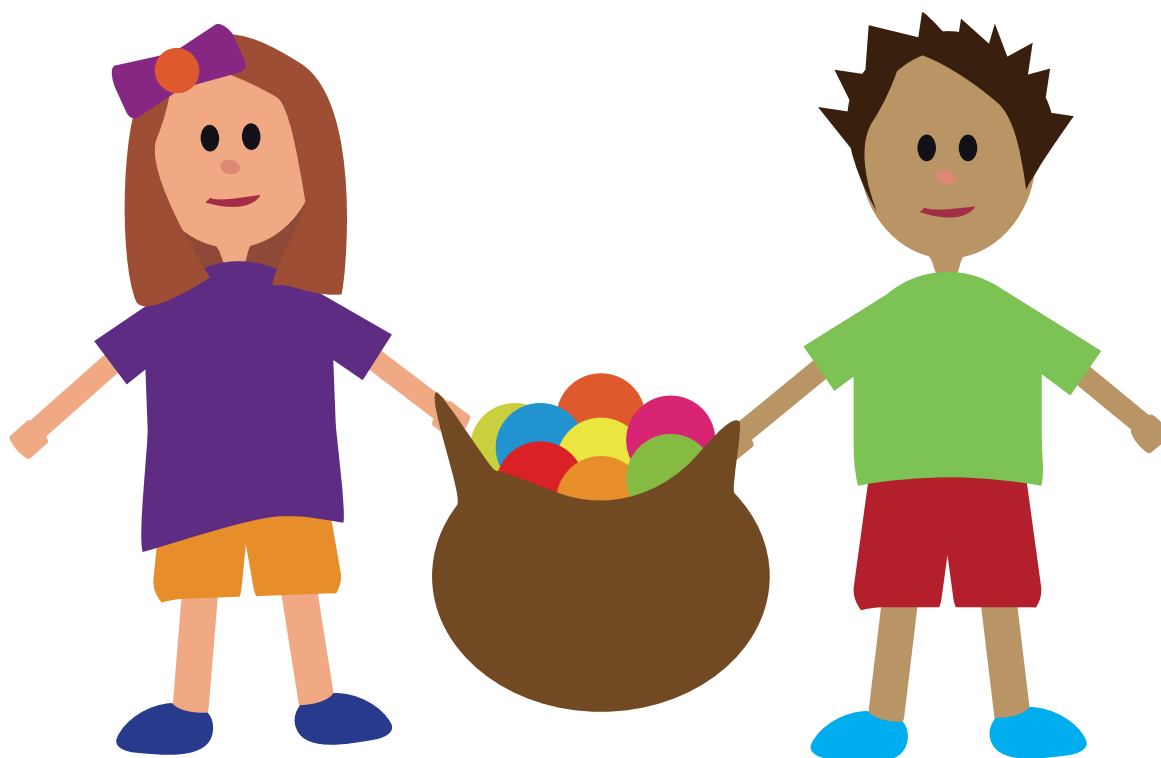


 KEYS TO HAPPIER LIVING

# Giving

Do things for others



Doing good feels good

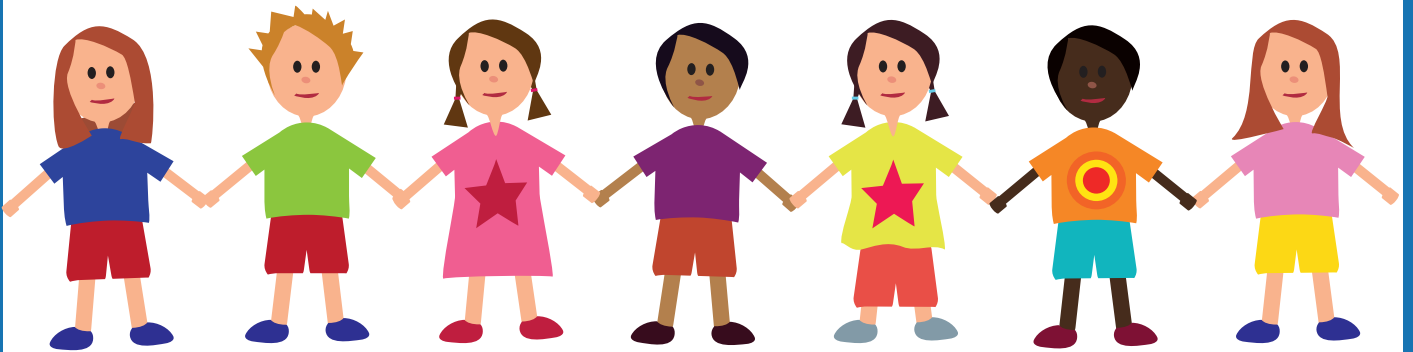
 ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

# Relating

Connect with people



When we're together  
it feels better

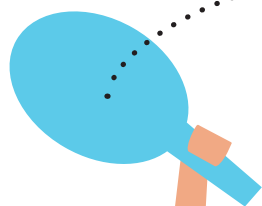
ACTION FOR HAPPINESS

KEYS TO HAPPIER LIVING

# Exercising

Take care of your body

Be active



Relax



Rest

ACTION FOR HAPPINESS

 KEYS TO HAPPIER LIVING

# Awareness

Live life mindfully



There's more to Life when  
we stop and notice

 ACTION FOR HAPPINESS

 KEYS TO HAPPIER LIVING

# Trying Out

Keep learning new things



Life is more fun when  
we try new things

 ACTION FOR HAPPINESS

 KEYS TO HAPPIER LIVING

# Direction

Have goals to look forward to



Set a goal and take  
the first step to  
make it happen

 ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

# Resilience

Find ways to bounce back

BOUNCE  
BACKABILITY



If you can't change it,  
change how you think about it.

ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

# Emotions

Look for what's good



See the glass half full  
rather than half empty

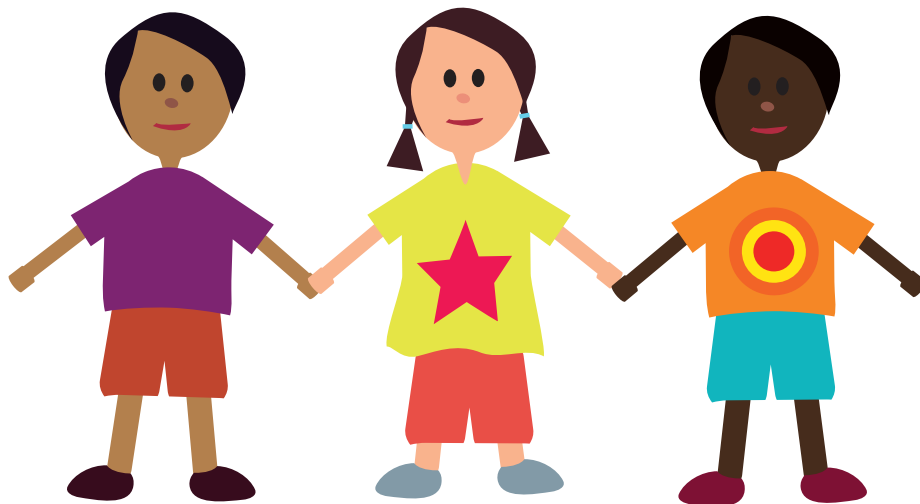
ACTION FOR HAPPINESS



 KEYS TO HAPPIER LIVING

# Acceptance

Be comfortable with who you are



We are all  
different and this is  
what makes us special

 ACTION FOR HAPPINESS

 KEYS TO HAPPIER LIVING

# Meaning

Be part of something bigger



Together we can help to  
make the world  
a better place

 ACTION FOR HAPPINESS