

GREAT DREAM

Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things

- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

if you want to

FEEL

GOOD

do good



ACTION FOR HAPPINESS



Do things for others
www.actionforhappiness.org



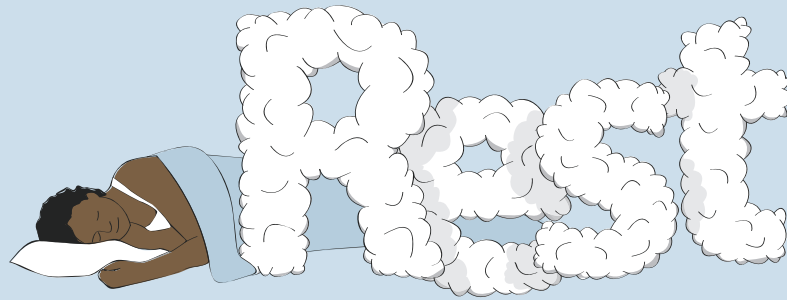
ACTION FOR HAPPINESS


Connect with people
www.actionforhappiness.org

be active



RELAX



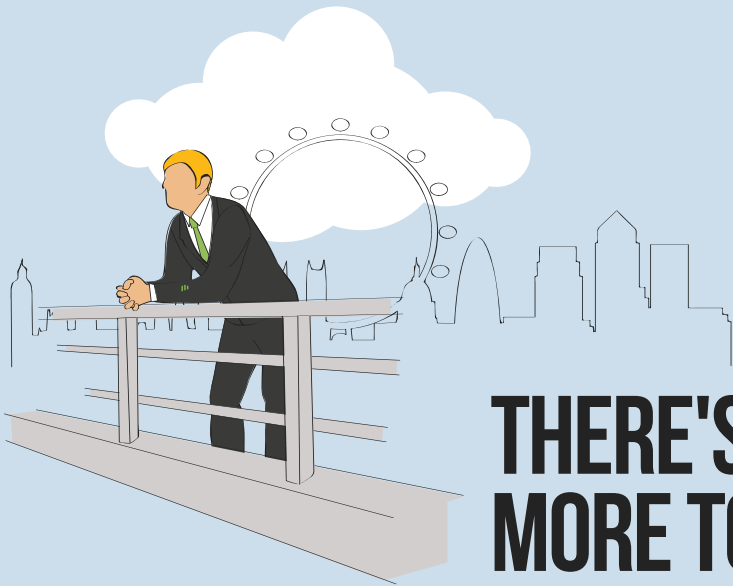
REPEAT
DAILY



ACTION FOR HAPPINESS



Take care of your body
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THERE'S MORE TO **LIFE**

when you stop and

NOTICE

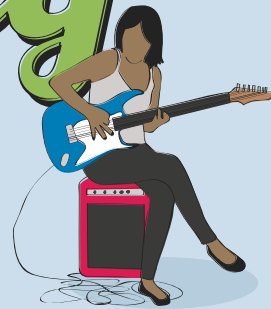


ACTION FOR HAPPINESS

Live life mindfully
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Find time to

Lose yourself



IN WHAT YOU LOVE



ACTION FOR HAPPINESS

Keep learning new things
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it helps to know what

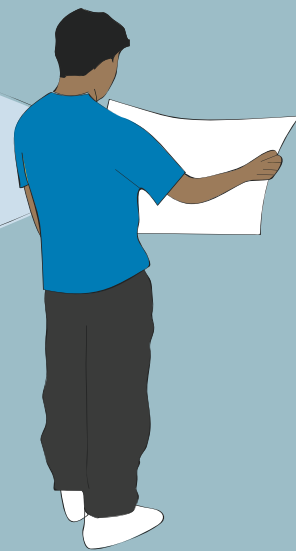
YOU'RE LOOKING FORWARD TO

SEE NEW THINGS

GOOD HEALTH

REWARDING JOB

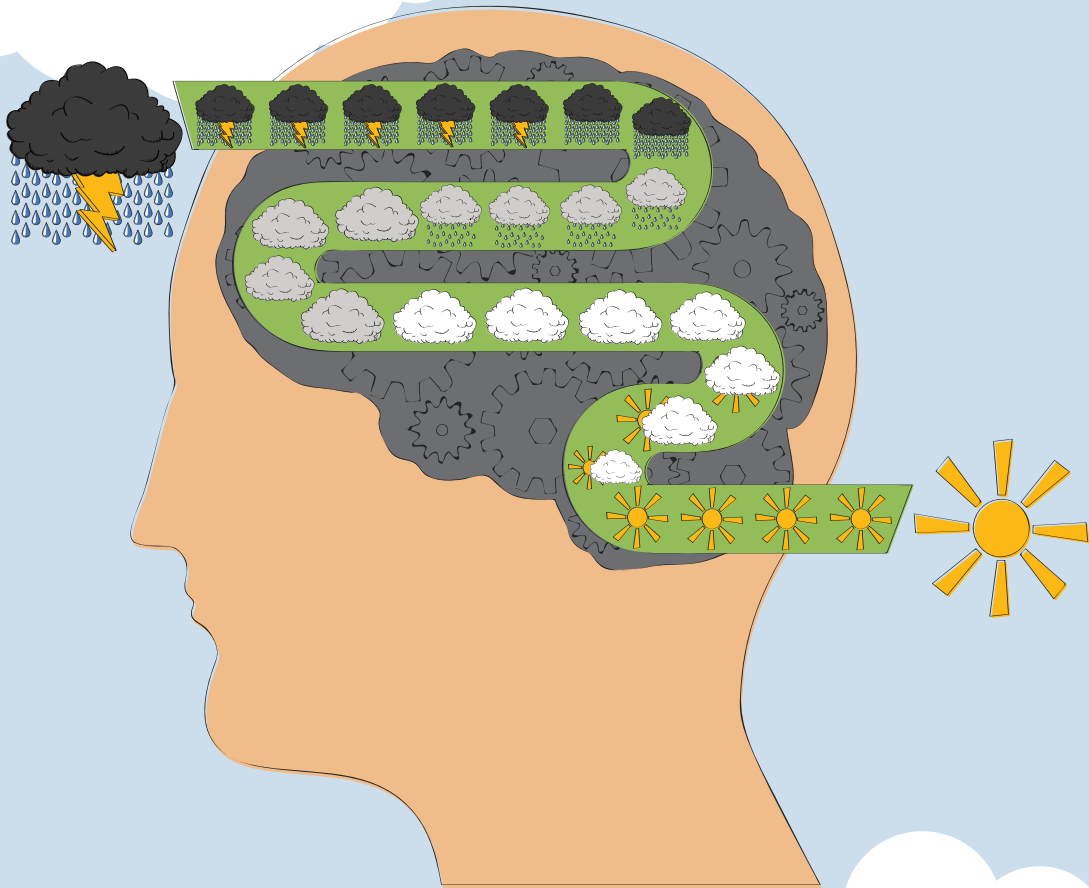
FAMILY AND FRIENDS



ACTION FOR HAPPINESS


Have goals to look forward to
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If you can't **CHANGE** it,



change the way you
THINK about it

ACTION FOR HAPPINESS



Find ways to bounce back
www.actionforhappiness.org

SEE LIFE AS
it is, BUT

FOCUS ON
THE GOOD BITS

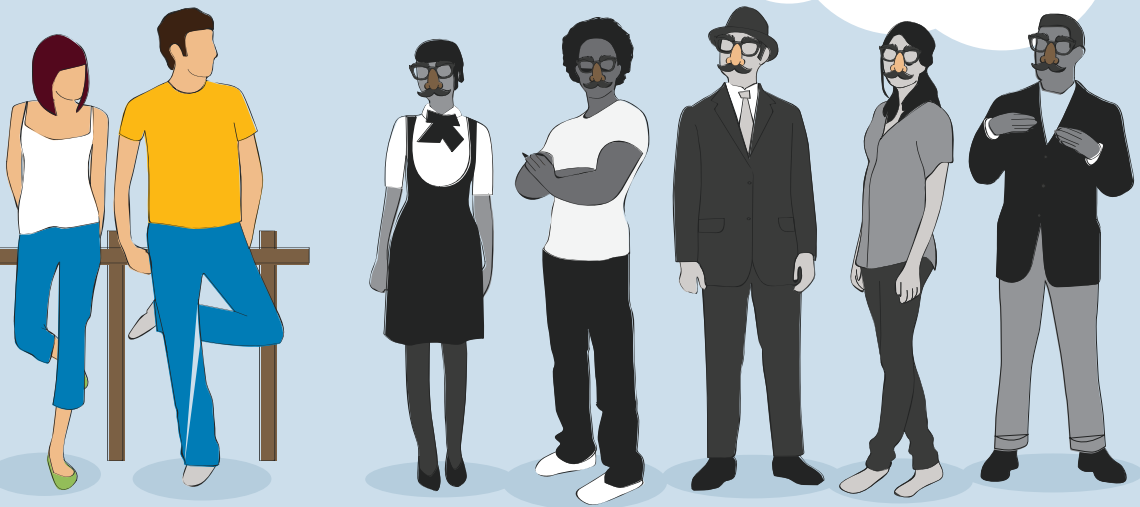


ACTION FOR HAPPINESS



Look for what's good
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Don't compare your
insiders



with other people's
outsiders

ACTION FOR HAPPINESS



Be comfortable with who you are
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THE MEANING OF LIFE



IS A LIFE
WITH MEANING

ACTION FOR HAPPINESS



Be part of something bigger
www.actionforhappiness.org