











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

ACTION FOR HAPPINESS

www.actionforhappiness.org

Do
Happy
Today

