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
If you want to feel good, do good.
When we're together, everything's better.

ACTION FOR HAPPINESS

Connect with people
www.actionforhappiness.org
be active

RELAX

Rest

REPEAT DAILY

ACTION FOR HAPPINESS

Take care of your body
www.actionforhappiness.org
There's more to life when you stop and notice.
Find time to lose yourself in what you love

ACTION FOR HAPPINESS

Keep learning new things www.actionforhappiness.org
It helps to know what you're looking forward to.

Family and Friends
See New Things
Good Health
Rewarding Job

Action for Happiness
Have goals to look forward to
www.actionforhappiness.org
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

Take a positive approach
www.actionforhappiness.org
Don’t compare your insides with other people’s outsides

ACTION FOR HAPPINESS

Be comfortable with who you are

www.actionforhappiness.org
THE MEANING OF LIFE IS A LIFE WITH MEANING

ACTION FOR HAPPINESS

Be part of something bigger
www.actionforhappiness.org