

# 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](http://www.actionforhappiness.org)

if you want to

FEEEL  
GOOOD

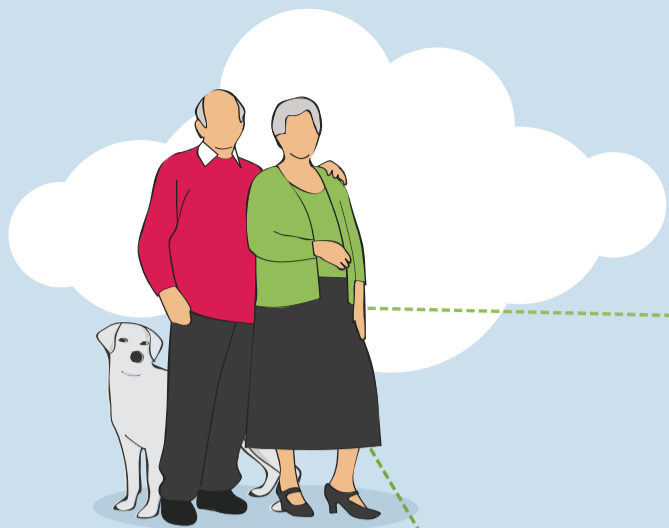


do good

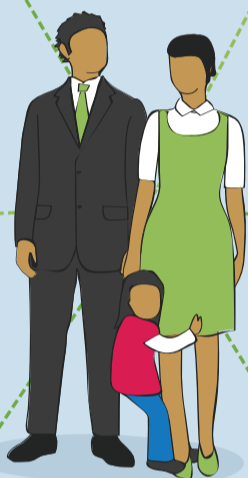
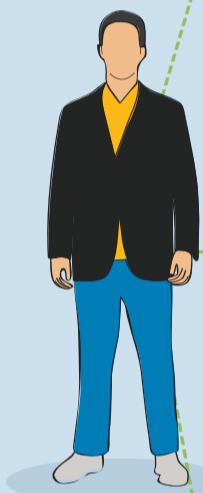


ACTION FOR HAPPINESS

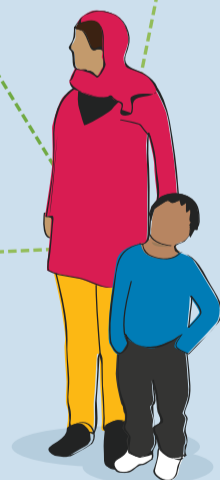
Do things for others  
[www.actionforhappiness.org](http://www.actionforhappiness.org)



When we're together



everything's better



**ACTION FOR HAPPINESS**

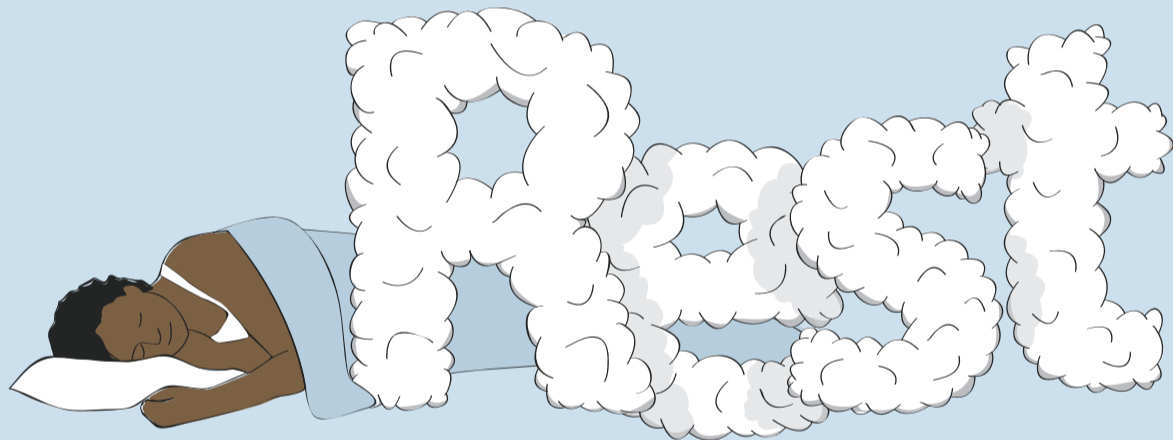


Connect with people  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

be active



RELAX

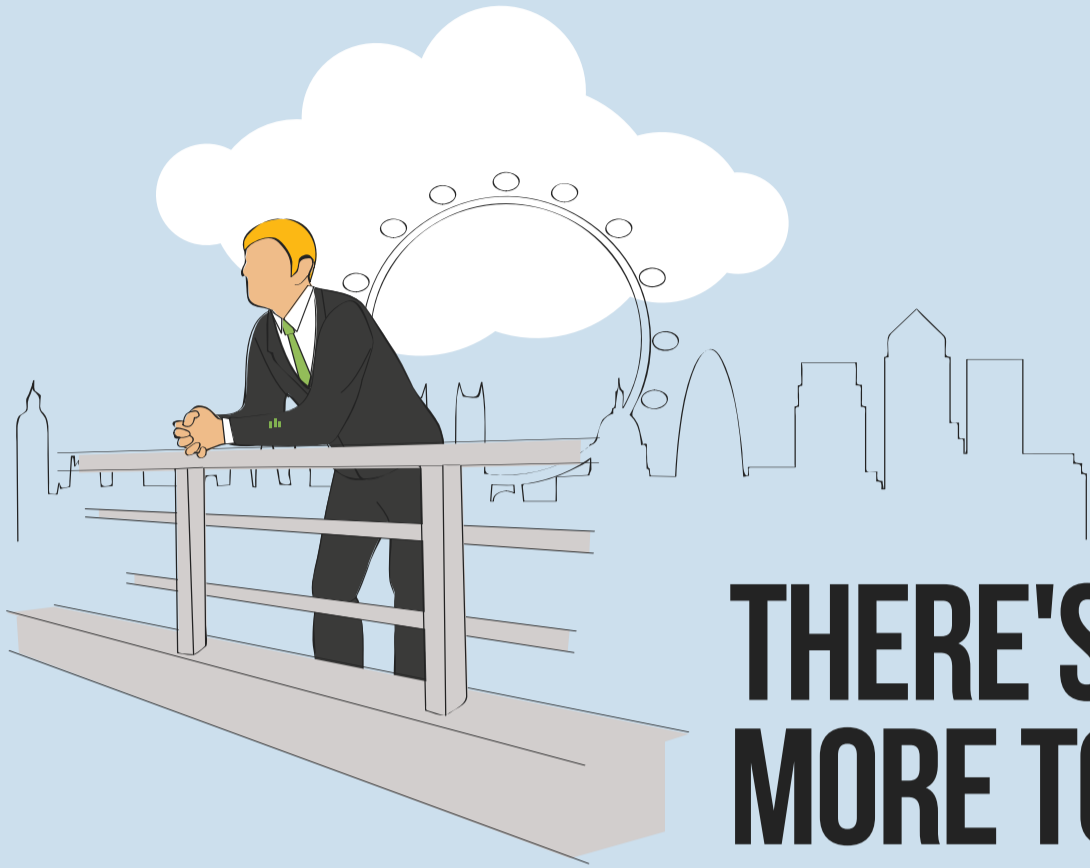


REPEAT  
DAILY



ACTION FOR HAPPINESS

Take care of your body  
[www.actionforhappiness.org](http://www.actionforhappiness.org)



THERE'S MORE TO **LIFE**

*when you stop and*

**NOTICE**

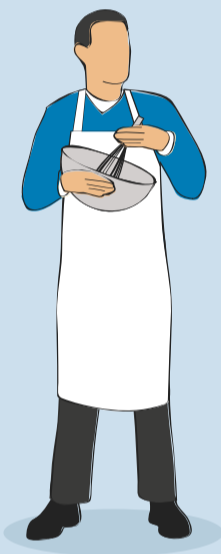


ACTION FOR HAPPINESS

Notice the world around  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find time to

Lose yourself



IN WHAT YOU LOVE



ACTION FOR HAPPINESS

Keep learning new things  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

it helps to  
know what

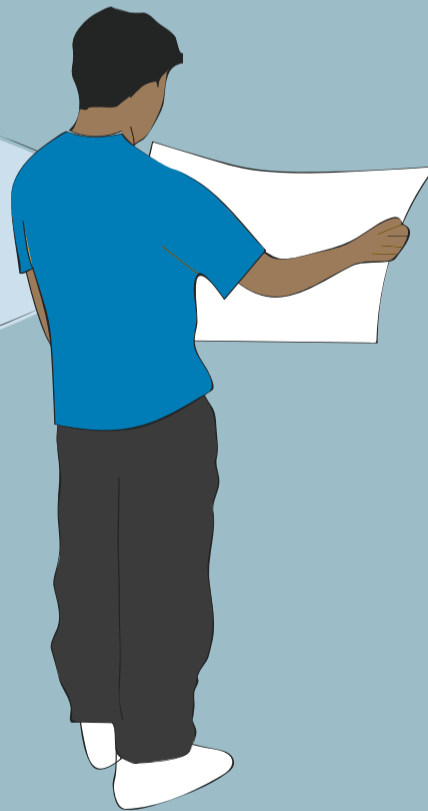
YOU'RE LOOKING  
FORWARD TO

SEE NEW THINGS

GOOD HEALTH

REWARDING JOB

FAMILY AND FRIENDS

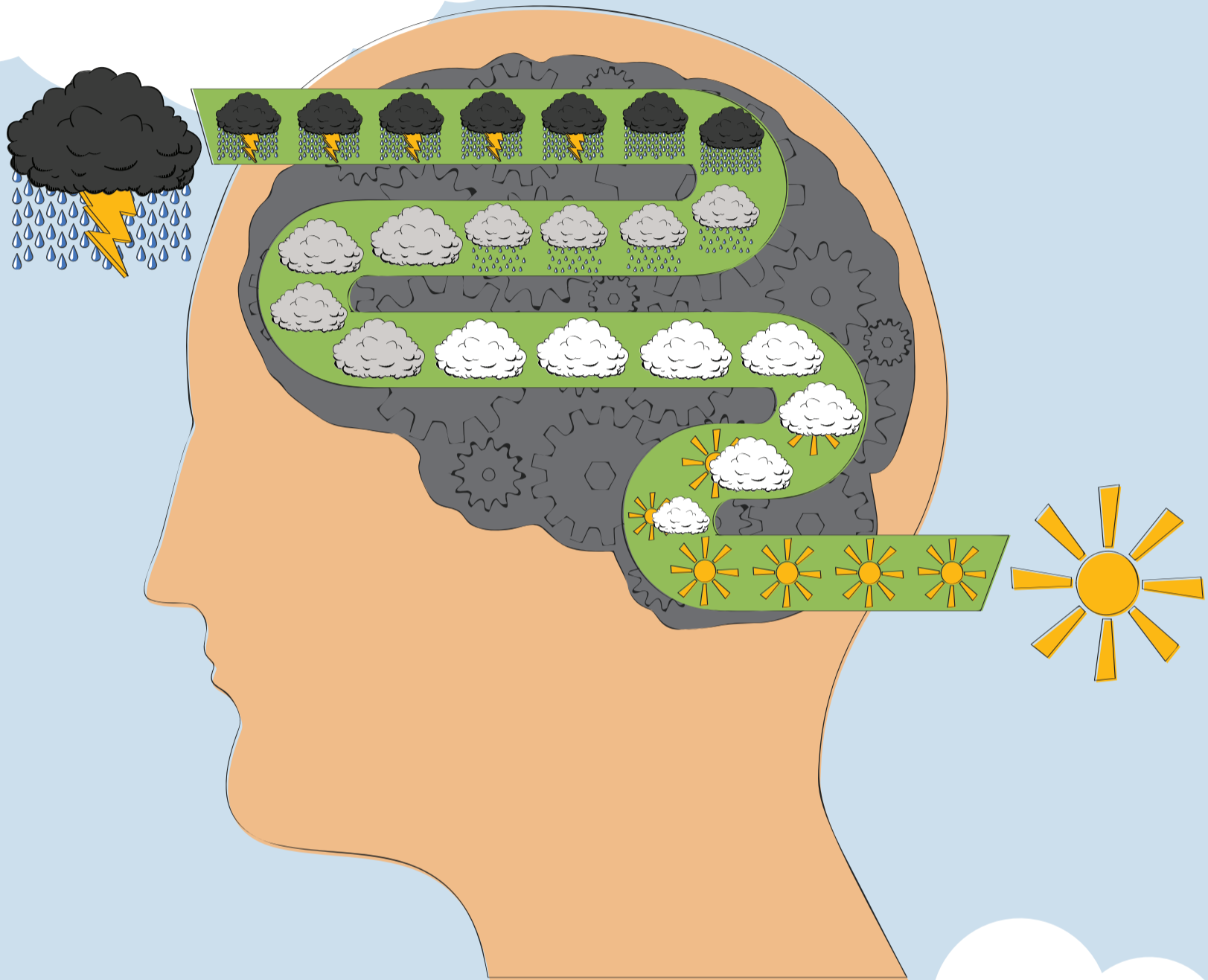


ACTION FOR HAPPINESS



Have goals to look forward to  
[www.actionforhappiness.org](http://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](http://www.actionforhappiness.org)



SEE LIFE AS  
it is, BUT

FOCUS ON  
THE GOOD BITS



ACTION FOR HAPPINESS



Take a positive approach  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

Don't compare your  
**insiders**



with other people's  
**outsiders**

**ACTION FOR HAPPINESS**



Be comfortable with who you are  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

# THE MEANING OF LIFE



IS A LIFE  
WITH MEANING

ACTION FOR HAPPINESS



Be part of something bigger  
[www.actionforhappiness.org](http://www.actionforhappiness.org)