

# 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)

# ACTION FOR HAPPINESS

## Join the movement. Be the change

There's a paradox at the heart of modern life. Despite decades of economic growth, we're no happier now than we were sixty years ago. It's time we put the things that really matter first.

Action for Happiness is a movement of people who are taking action in their personal lives, homes, workplaces, schools and communities, to help create a happier society for everyone.

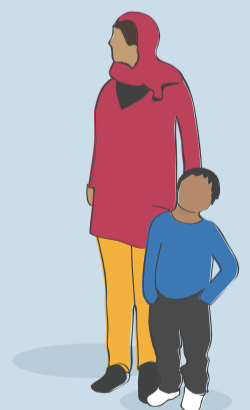


We're bringing together tens of thousands of like-minded people, including parents, teachers, students, volunteers, community leaders, policy makers, health experts and business people.

We provide information, inspiration and resources to help people increase their well-being and contribute to making others happier, all based on the latest scientific evidence of what really works.

**“I will try to create more happiness and less unhappiness in the world around me”**

*The Action for Happiness pledge*



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