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