Ten keys to happier living

GREAT DREAM

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