Introduction (5 mins): Start this month’s Get-Together on HAPPIER LIVING by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

TUNE IN to our experience with mindfulness and gratitude

Mindfulness Exercise (5 mins): Looking with fresh eyes
Let’s start by bringing awareness to ourselves in the present moment. As we visualise the new year stretching out ahead of us, we can use this as an opportunity to see with fresh eyes. What might we benefit from seeing in a new way this year? And how might we choose to see things differently?

Gratitude Exercise (10 mins): Feeling grateful for opportunities to come
This year will bring lots of new opportunities and experiences as well as the chance to do more of the things we really love. Bring to mind one thing you’re looking forward to this year and feel some gratitude for it. Now turn to someone next to you and share with them how that felt.

CONNECT with others to help deepen our understanding

Group Discussion (30 mins): Ten Keys to Happier Living
Ask a volunteer to read out the Ten Keys and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

Find out more in the 10 Keys to Happier Living book: www.actionfornhappiness.org/book

Questions for discussion:

- Which of the Ten Keys feature most in your life already?
- Which areas would you like to cultivate in the year ahead?
**Action Setting (10 mins): Doing something new**

Think of one small practical thing you can do to carry a bit of what you've explored today into your life. You might like to try one of the suggested actions below. By going around the group and each sharing our action we make ourselves more likely to complete it and inspire each other too!

1) **Begin again with someone in your life.** Make time to refresh a relationship. Recall the things you value about that person and look for positive ways to spend time with them.

2) **Create a 'To Be' list (instead of 'To Do' list).** Write down how you will be this month to help support wellbeing for yourself and others. What can you put into practice straight away?

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**RESOURCES**

- **Calendar: Happy New Year.** Simple daily actions you can take: [www.actionforhappiness.org/happy-new-year](http://www.actionforhappiness.org/happy-new-year)
- **Video: New Year's Resolutions.** Dr Mike Evans looks at why the new year is a good time to make changes happen: [www.youtube.com/watch?v=rqbAsr6wN_I](http://www.youtube.com/watch?v=rqbAsr6wN_I)
- **Happiness: A Guide to Developing Life's Most Important Skill.** Matthieu Ricard makes a passionate case for happiness as a priority in our lives.

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**RESEARCH**

- Happiness improves health and lengthens life, according to a comprehensive review of more than 160 academic studies
  

- Most people think that if they become successful, then they'll be happy. But recent discoveries in psychology and neuroscience show that this formula is backward: happiness fuels success, not the other way around.

  Source: S. Lyubomirsky et al, Psychological Bulletin, 131:803-855, 2005

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**"Happiness is the meaning and the purpose of life, the whole aim and end of human existence"**

~ Aristotle

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**ACTION FOR HAPPINESS**

Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: [www.actionforhappiness.org/get-together](http://www.actionforhappiness.org/get-together)