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
if you want to
FEEL GOOD
do good

ACTION FOR HAPPINESS
Do things for others
www.actionforhappiness.org
When we're together,
everything's better.
be active
RELAX
Rest
REPEAT DAILY
ACTION FOR HAPPINESS
Take care of your body
www.actionforhappiness.org
There's more to life when you stop and notice.

Action for Happiness

Live life mindfully
www.actionforhappiness.org
Find time to lose yourself in what you love.

ACTION FOR HAPPINESS

Keep learning new things www.actionforhappiness.org
it helps to know what you're looking forward to

ACTION FOR HAPPINESS

Have goals to look forward to
www.actionforhappiness.org
If you can’t change it, change the way you think about it.
SEE LIFE AS IT IS, BUT

FOCUS ON THE GOOD BITS

ACTION FOR HAPPINESS

Look for what’s good
www.actionforhappiness.org
Don't compare your insides with other people's outsides.

ACTION FOR HAPPINESS
Be comfortable with who you are
www.actionforhappiness.org
THE MEANING OF LIFE IS A LIFE WITH MEANING

ACTION FOR HAPPINESS

Be part of something bigger
www.actionforhappiness.org