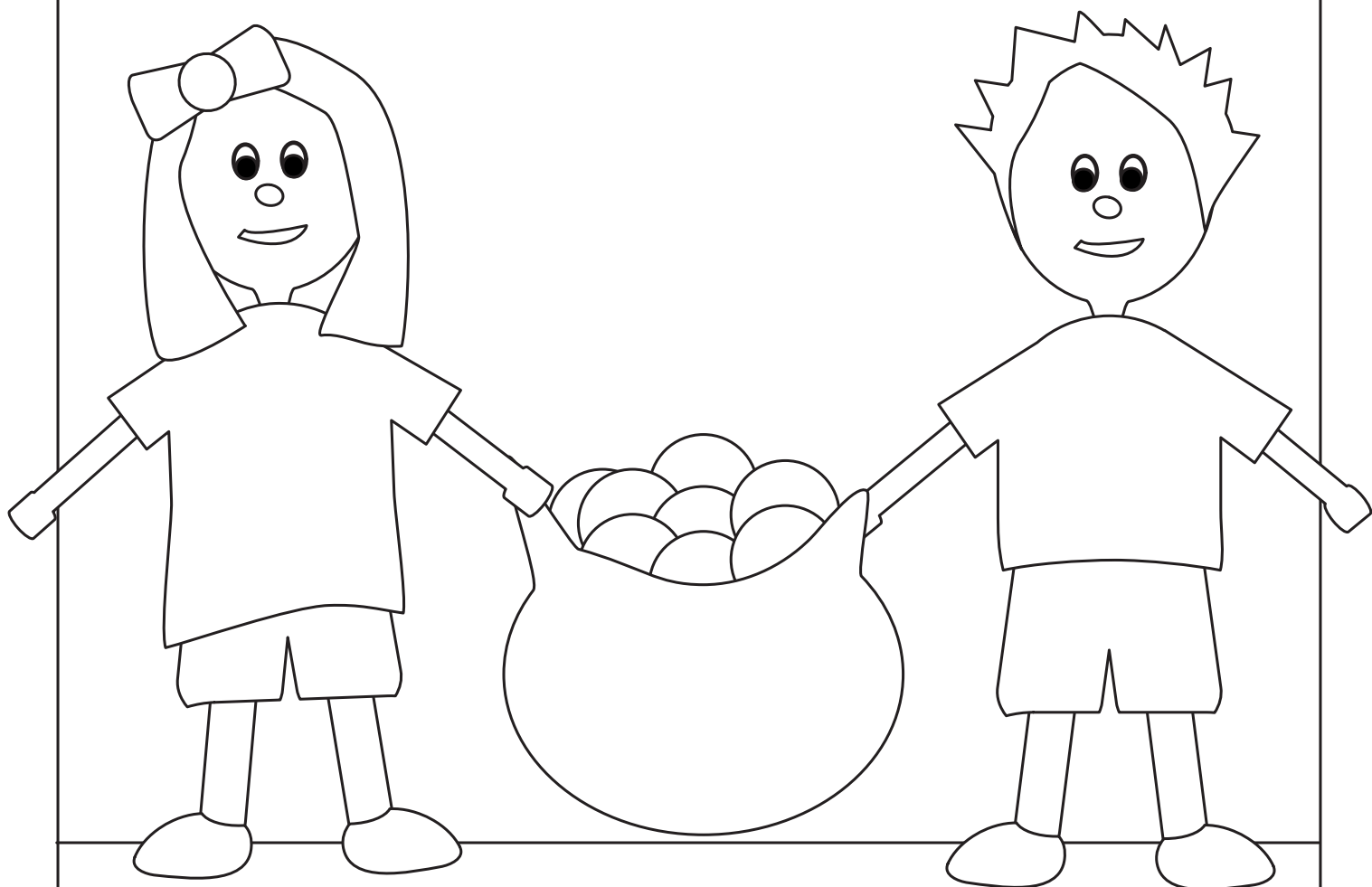




KEYS TO HAPPIER LIVING

Giving

Do things for others



ACTION FOR HAPPINESS

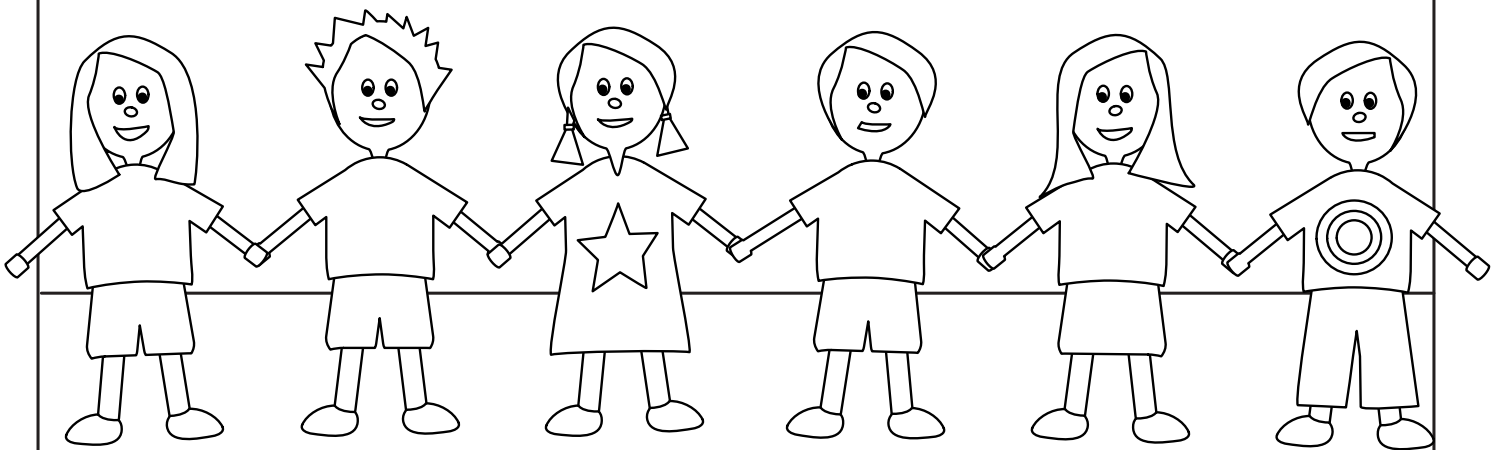
DOING GOOD FEELS GOOD



KEYS TO HAPPIER LIVING

Relating

Connect with people



WHEN WE'RE TOGETHER IT
FEELS BETTER

ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Exercising

Take care of your body



BE ACTIVE
RELAX
REST

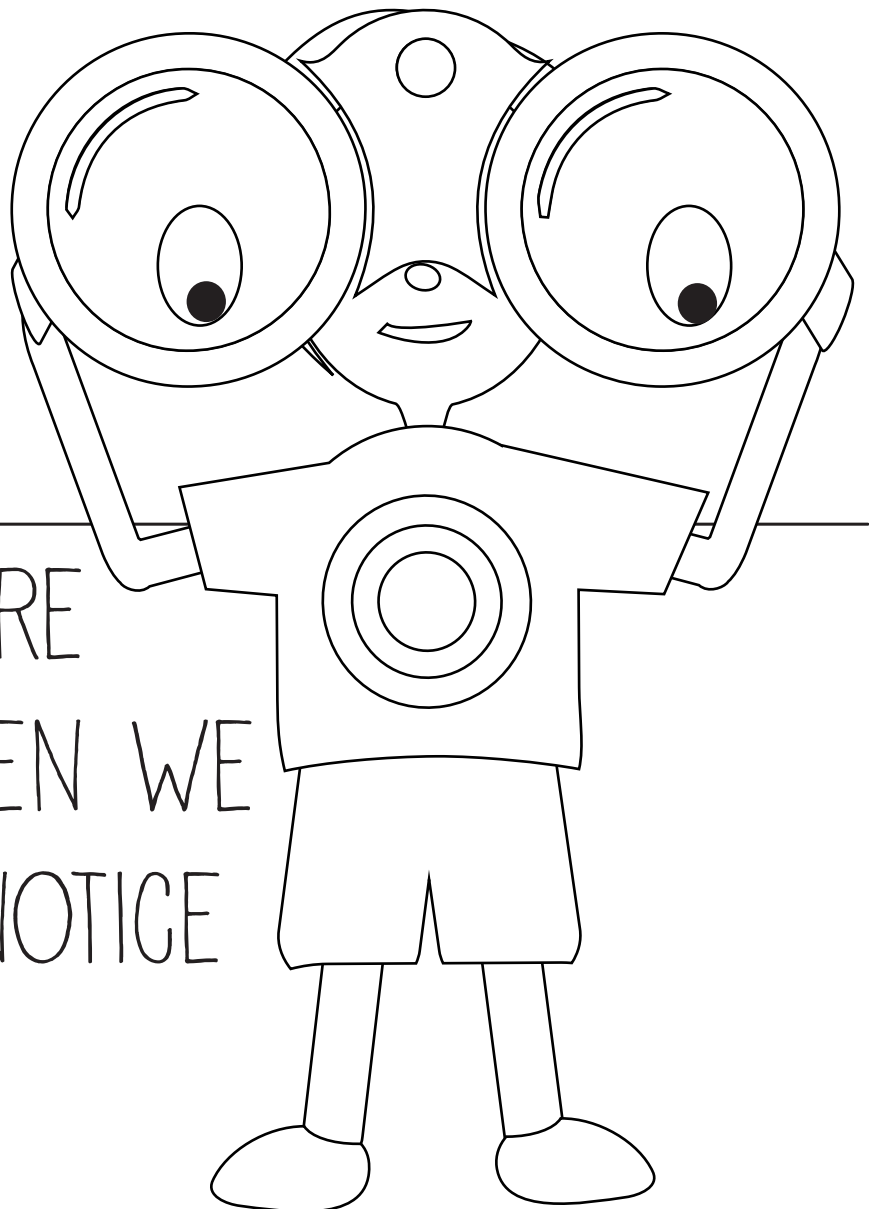
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Awareness

Live life mindfully



THERE'S MORE
TO LIFE WHEN WE
STOP AND NOTICE

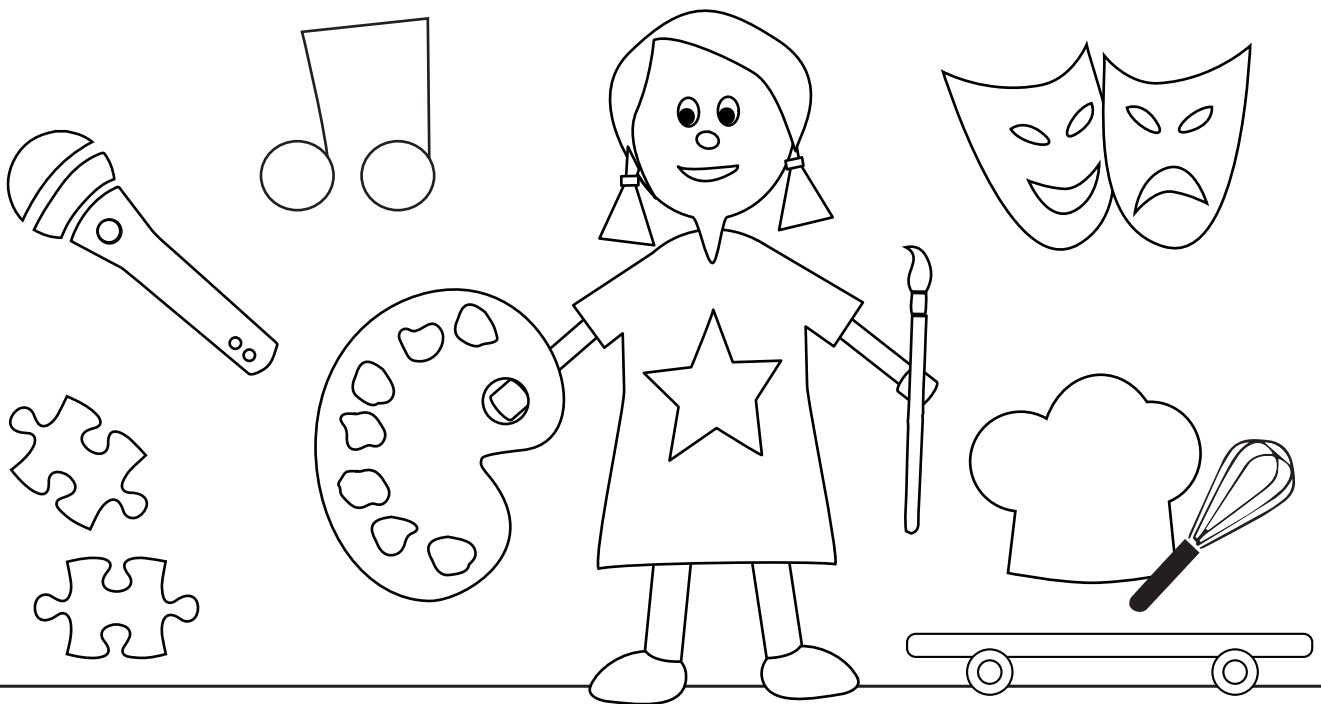
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Trying Out

Keep learning new things



LIFE IS MORE FUN WHEN
WE TRY NEW THINGS

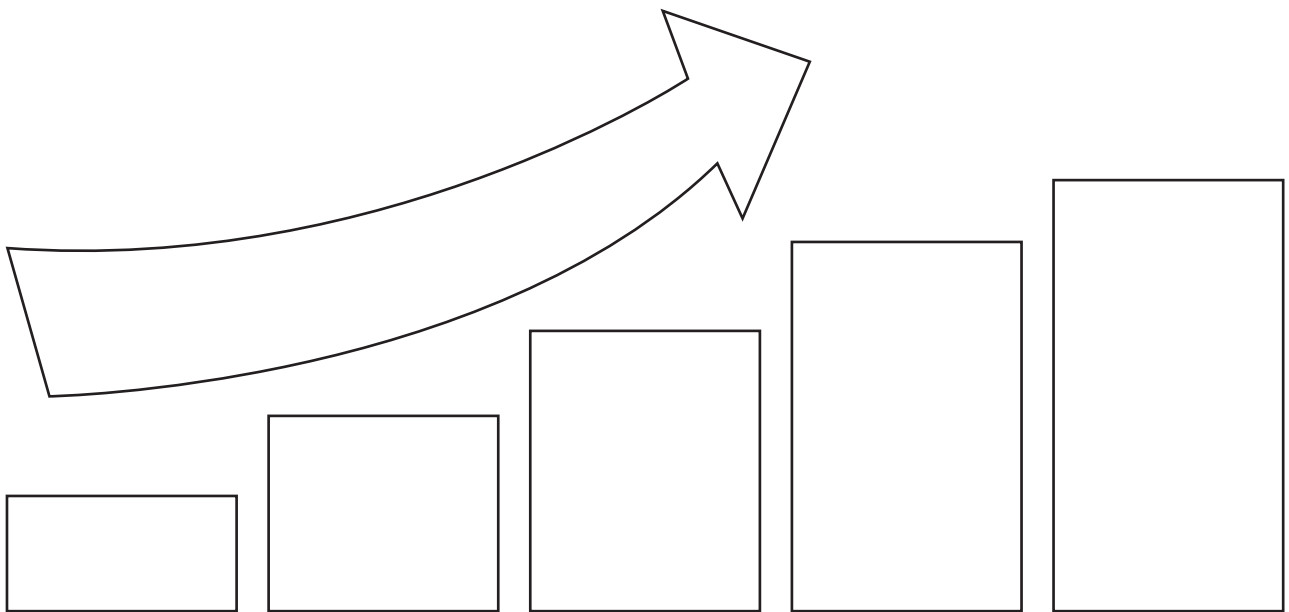
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Direction

Have goals to look forward to



SET A GOAL
AND TAKE THE FIRST STEP
TO MAKE IT HAPPEN

ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Resilience

Find ways to bounce back

BOUNCE
BACK ABILITY



IF YOU CAN'T CHANGE IT,
CHANGE HOW YOU
THINK ABOUT IT

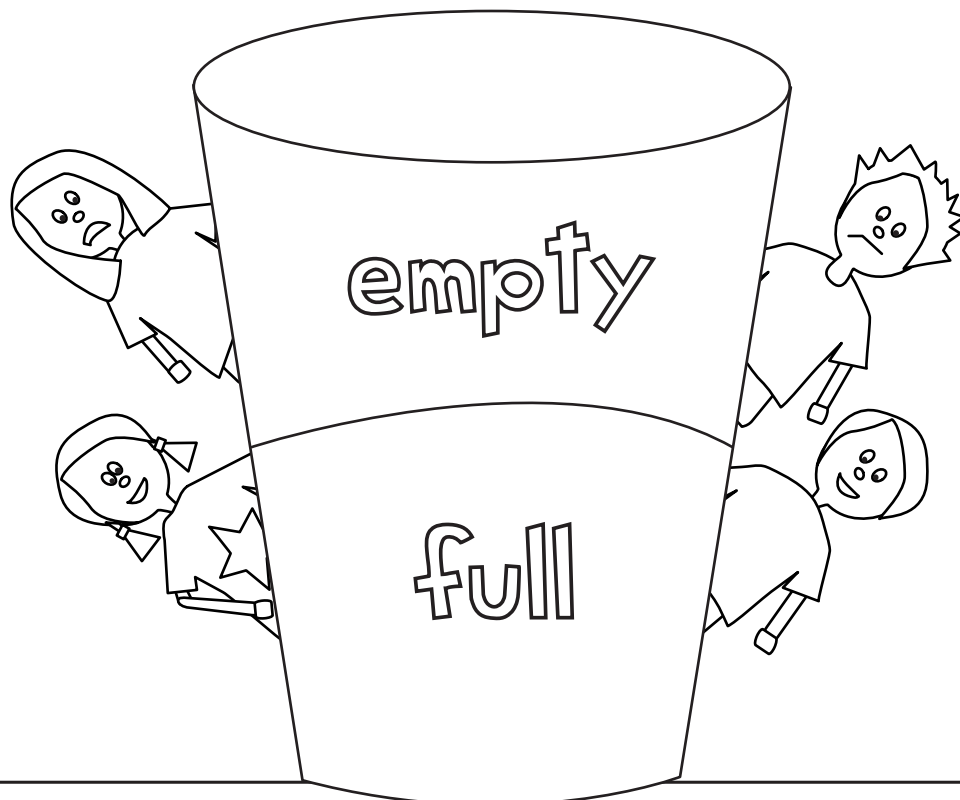
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Emotions

Look for what's good



SEE THE GLASS HALF FULL
RATHER THAN HALF EMPTY

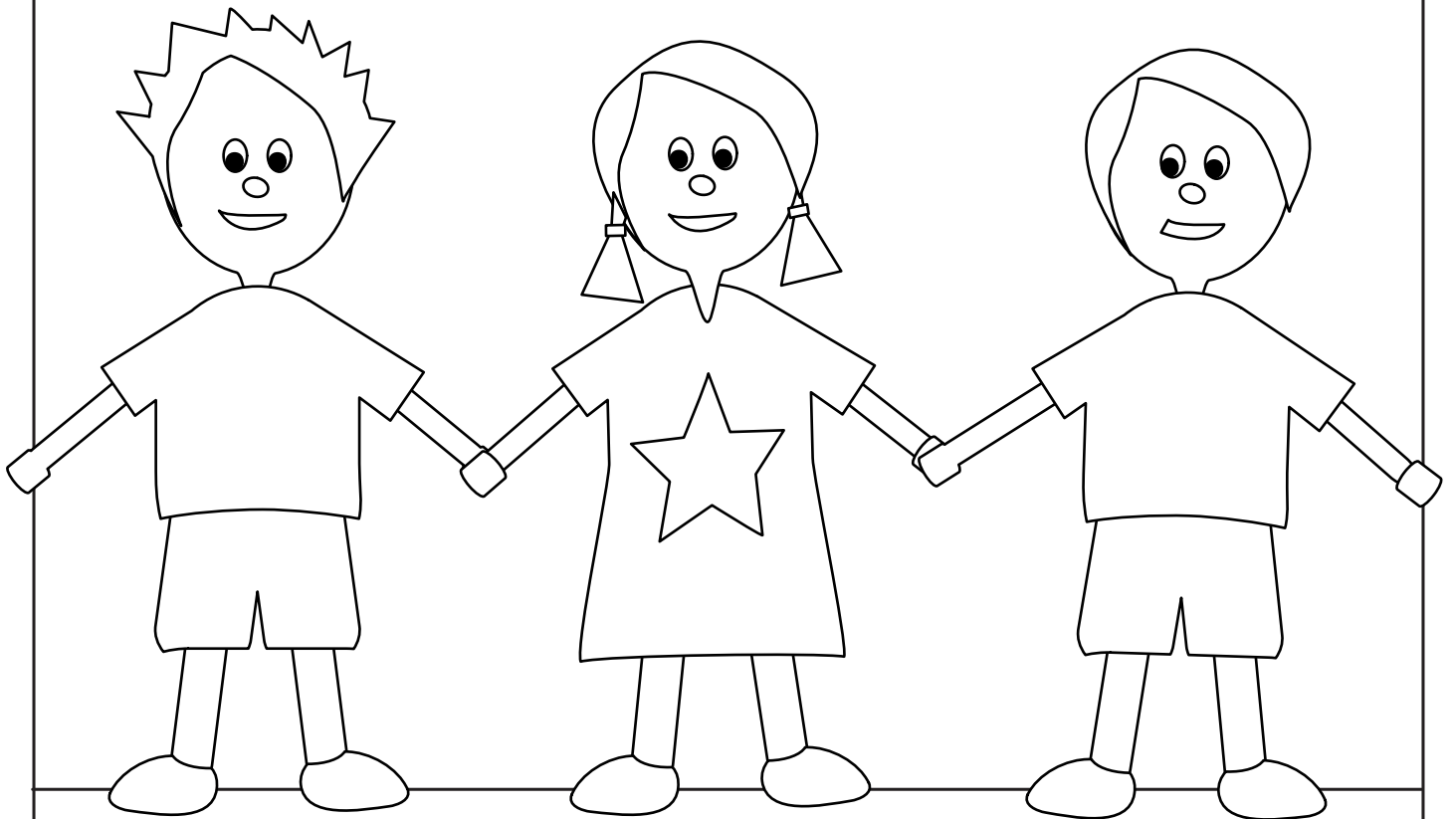
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Acceptance

Be comfortable with who you are



WE ARE ALL DIFFERENT AND
THIS IS WHAT MAKES US
SPECIAL

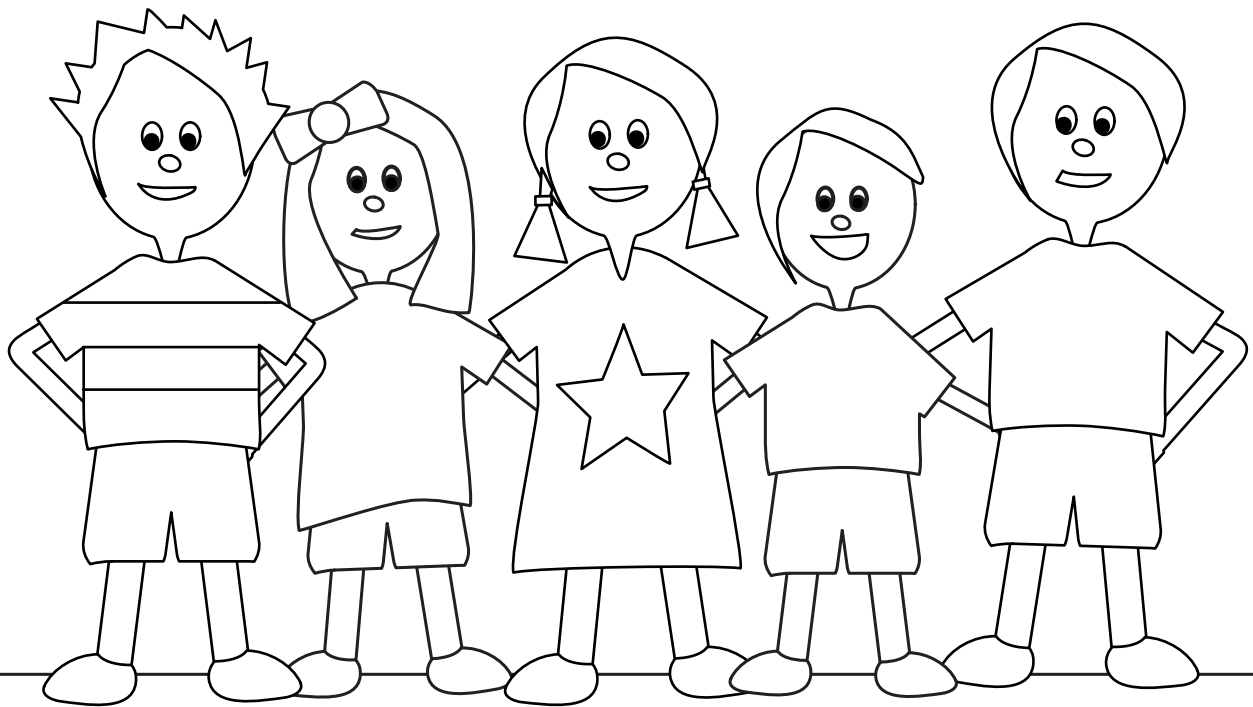
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Meaning

Be part of something bigger



TOGETHER
WE CAN HELP TO MAKE THE WORLD
A BETTER PLACE

ACTION FOR HAPPINESS