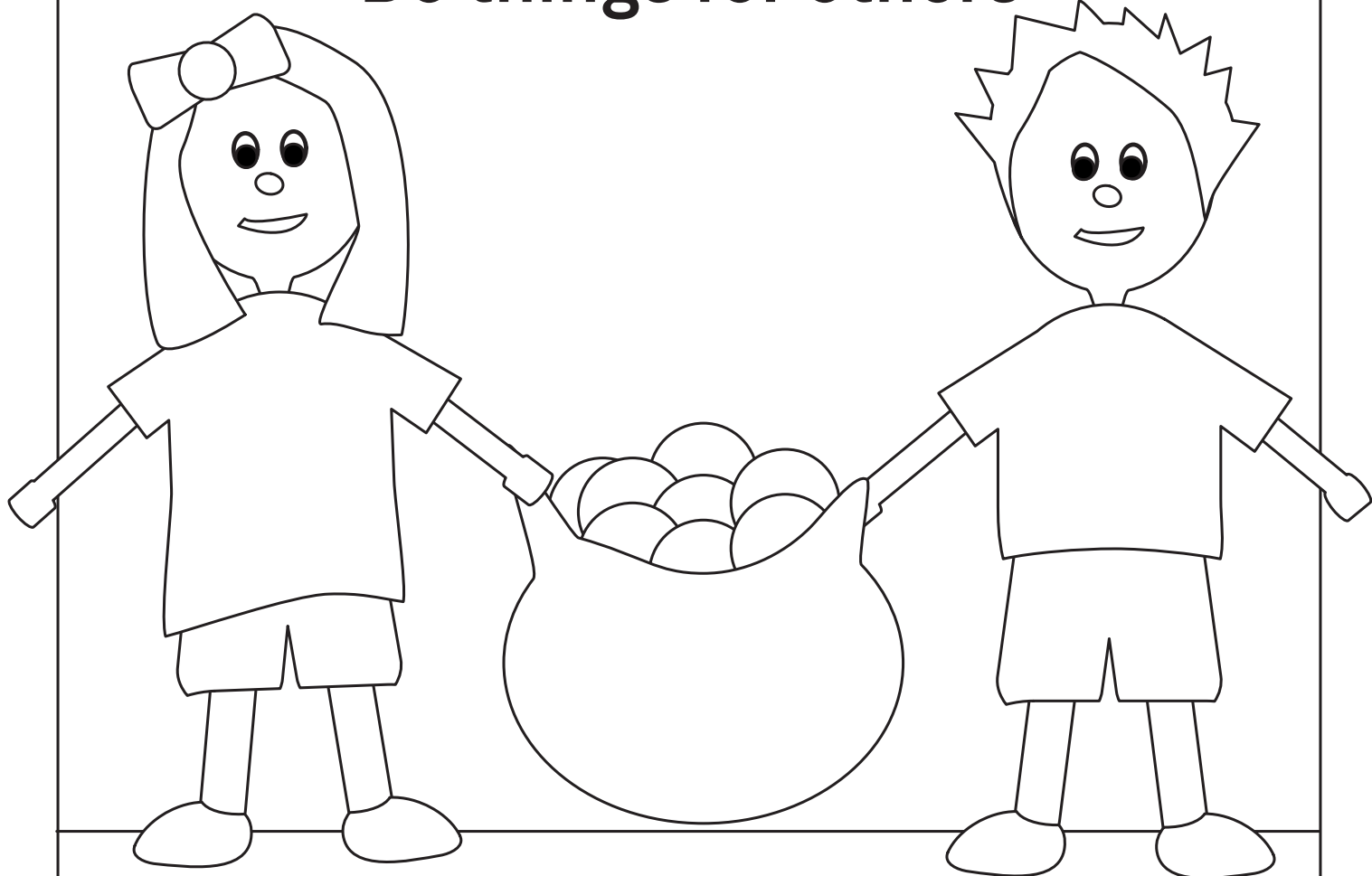




KEYS TO HAPPIER LIVING

Giving

Do things for others



Doing good feels good

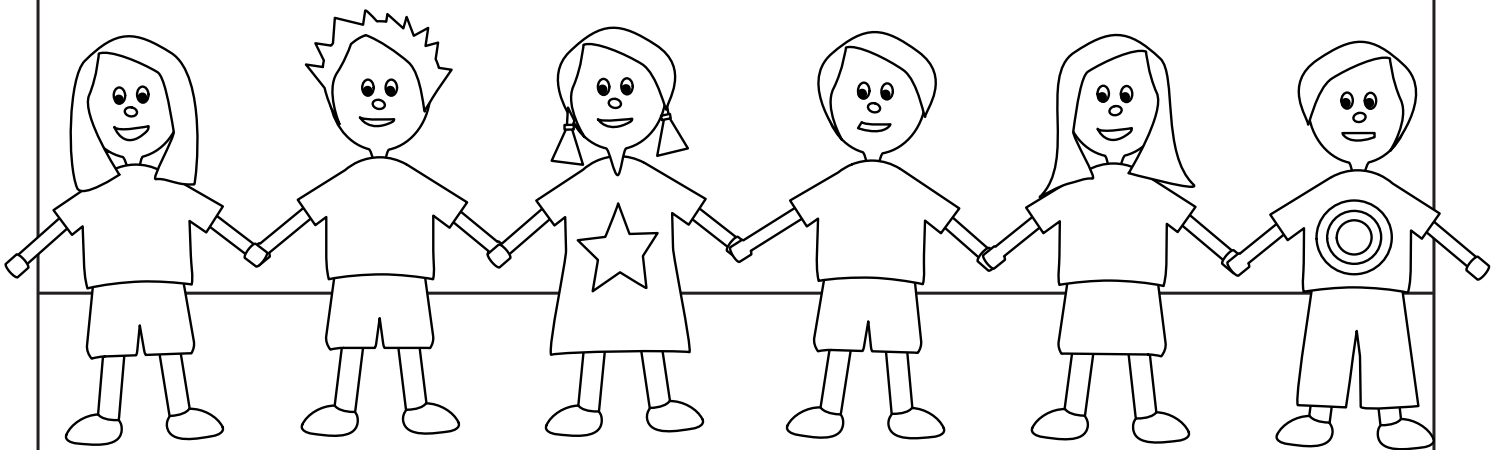
ACTION FOR HAPPINESS



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

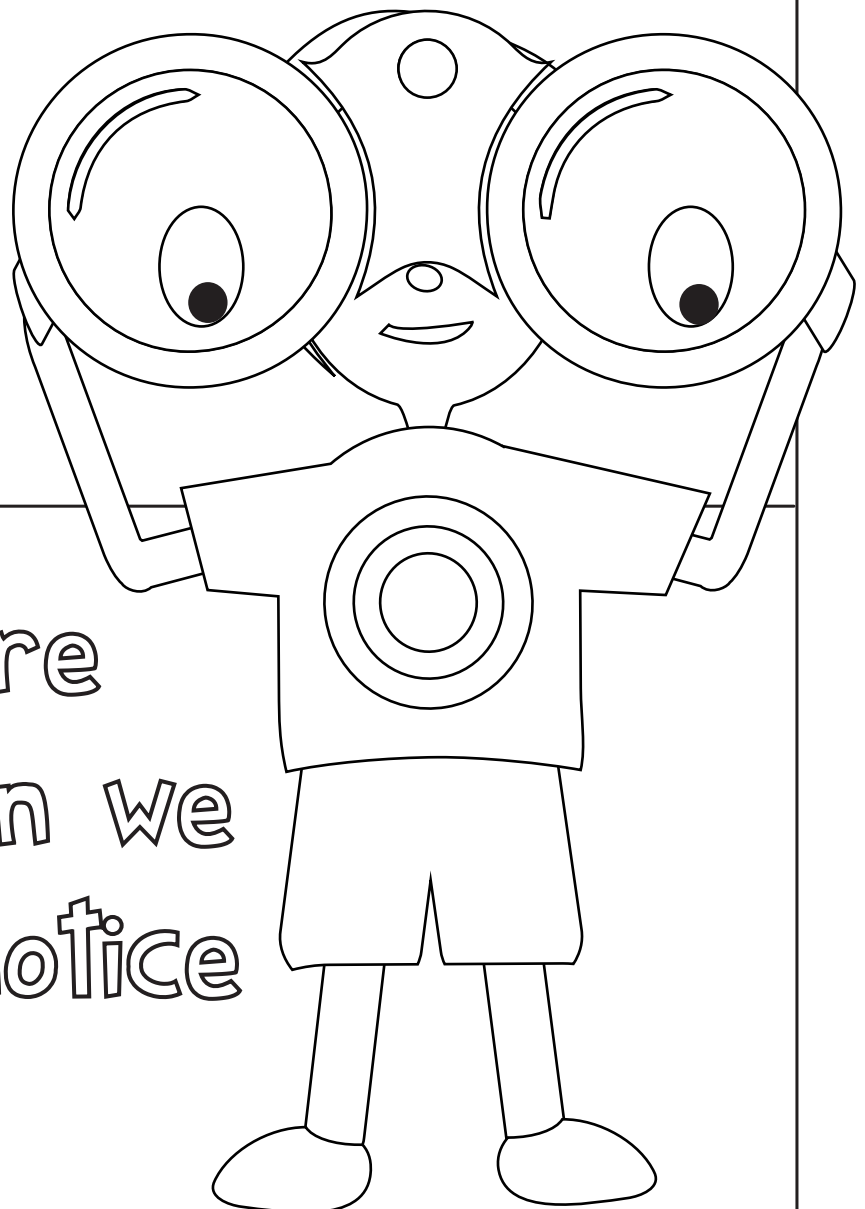
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Awareness

Live life mindfully



There's more
to life when we
stop and notice

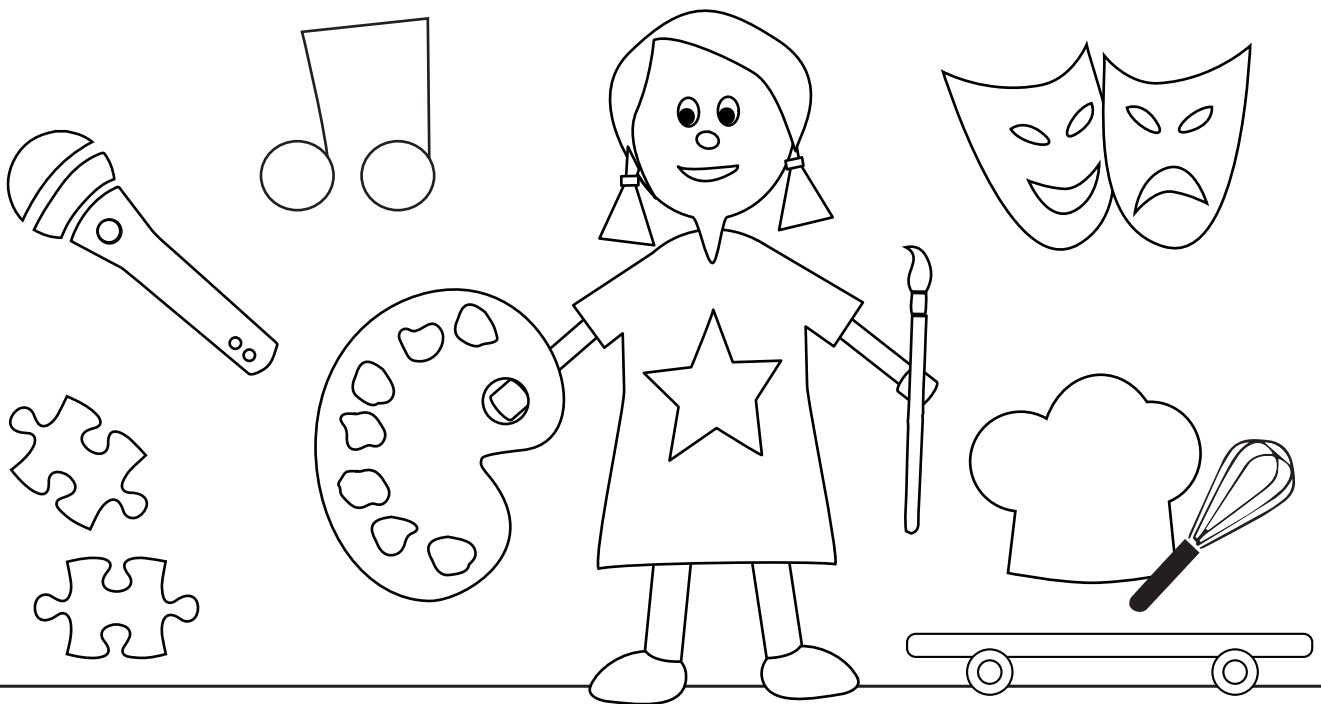
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Trying Out

Keep learning new things



Life is more fun when
we try new things

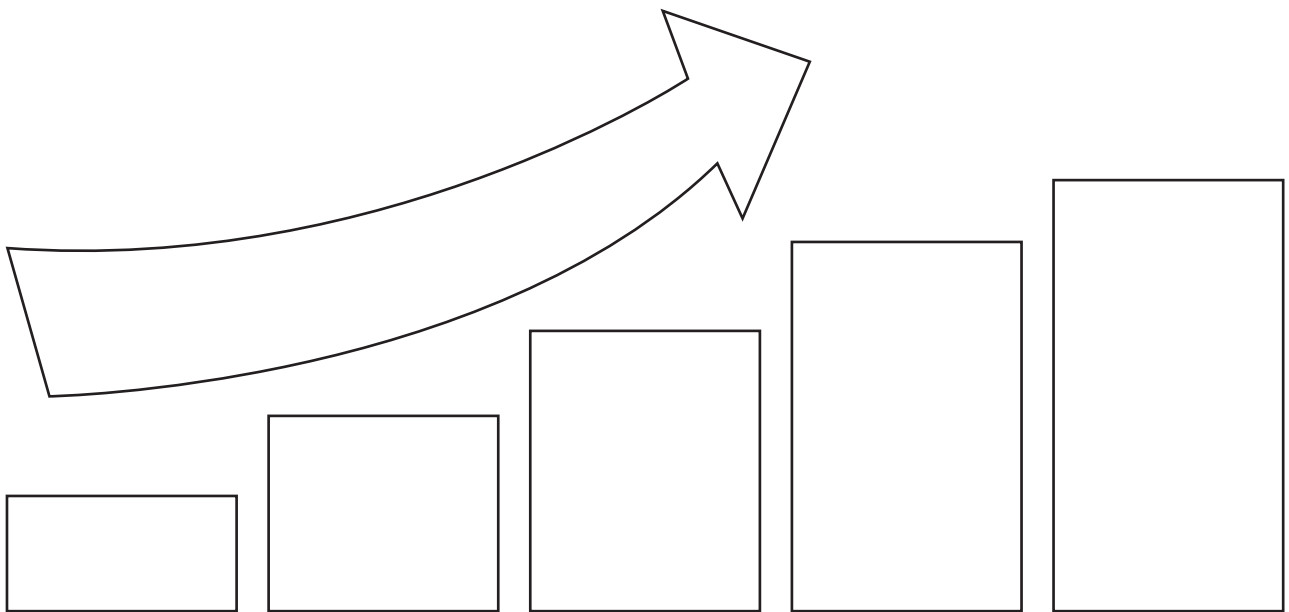
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Direction

Have goals to look forward to



Set a goal and take
the first step to

ACTION FOR HAPPINESS

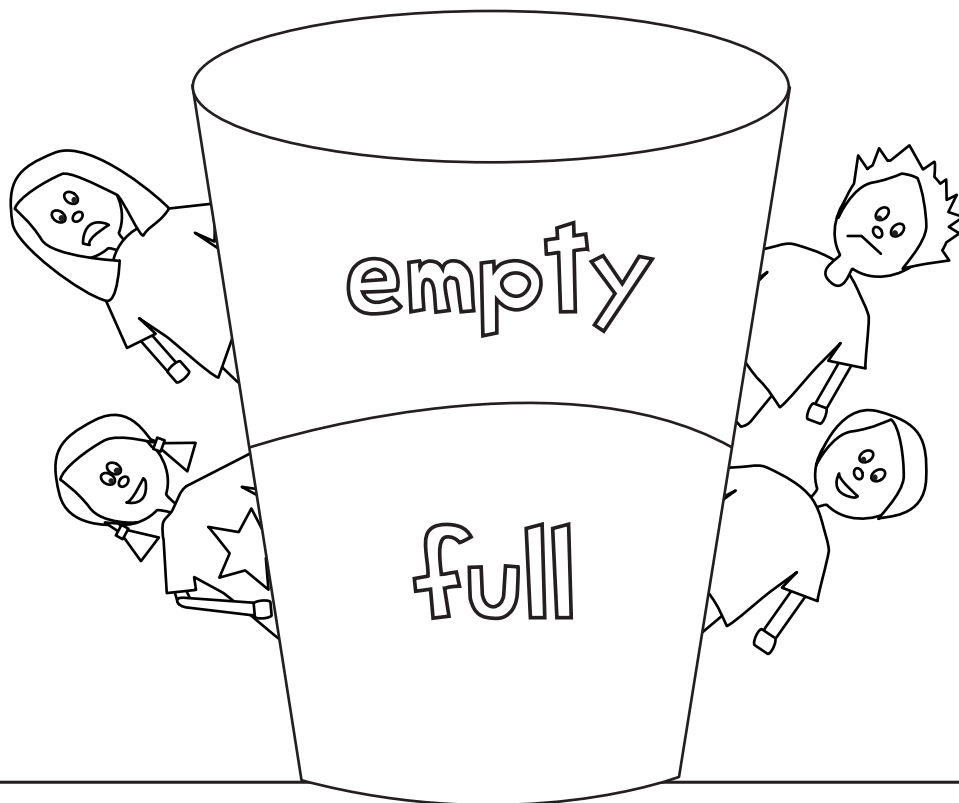
make it happen



KEYS TO HAPPIER LIVING

Emotions

Look for what's good



See the glass half full
rather than half empty

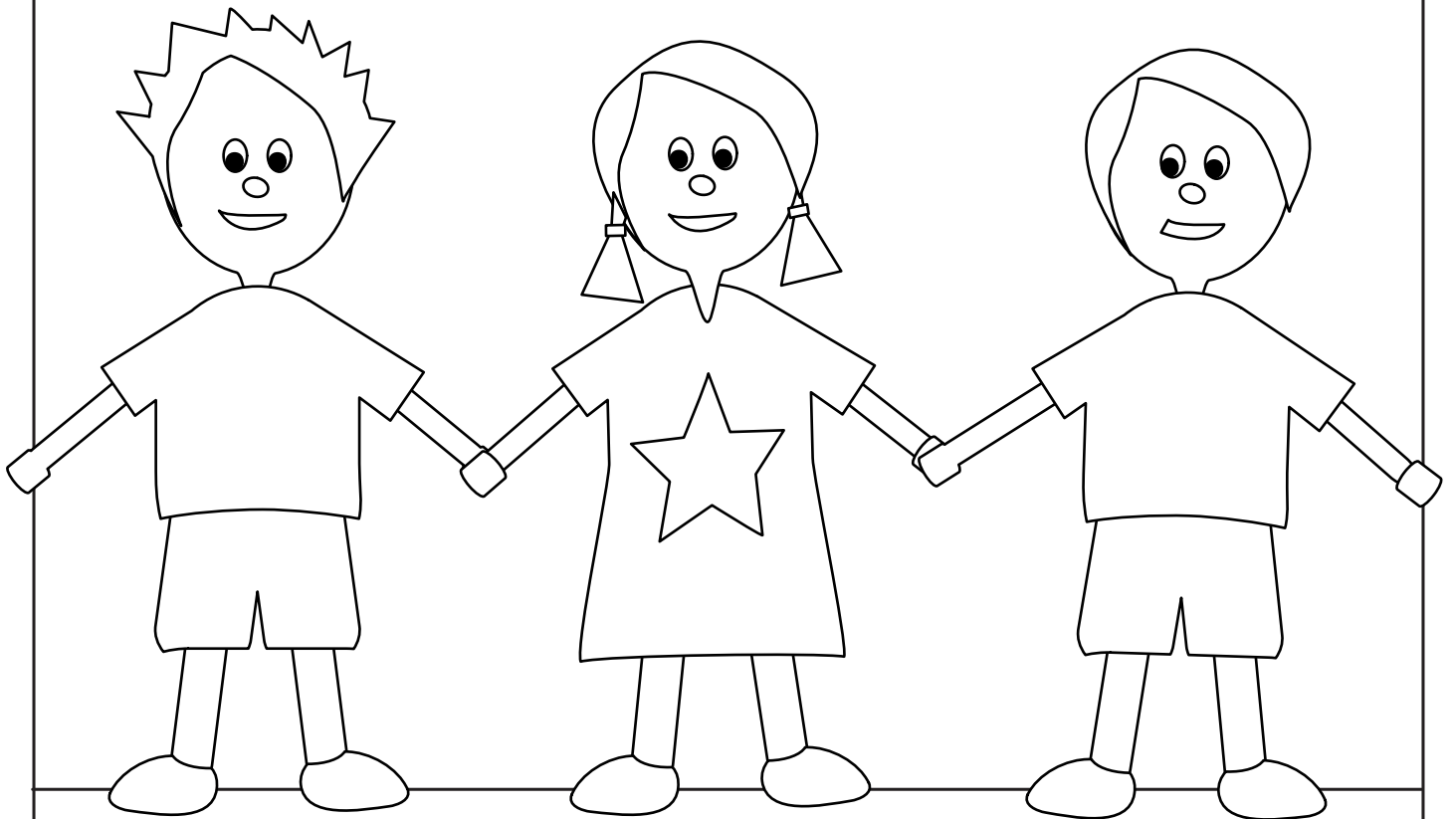
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Acceptance

Be comfortable with who you are



We are all different and
this is what makes us special

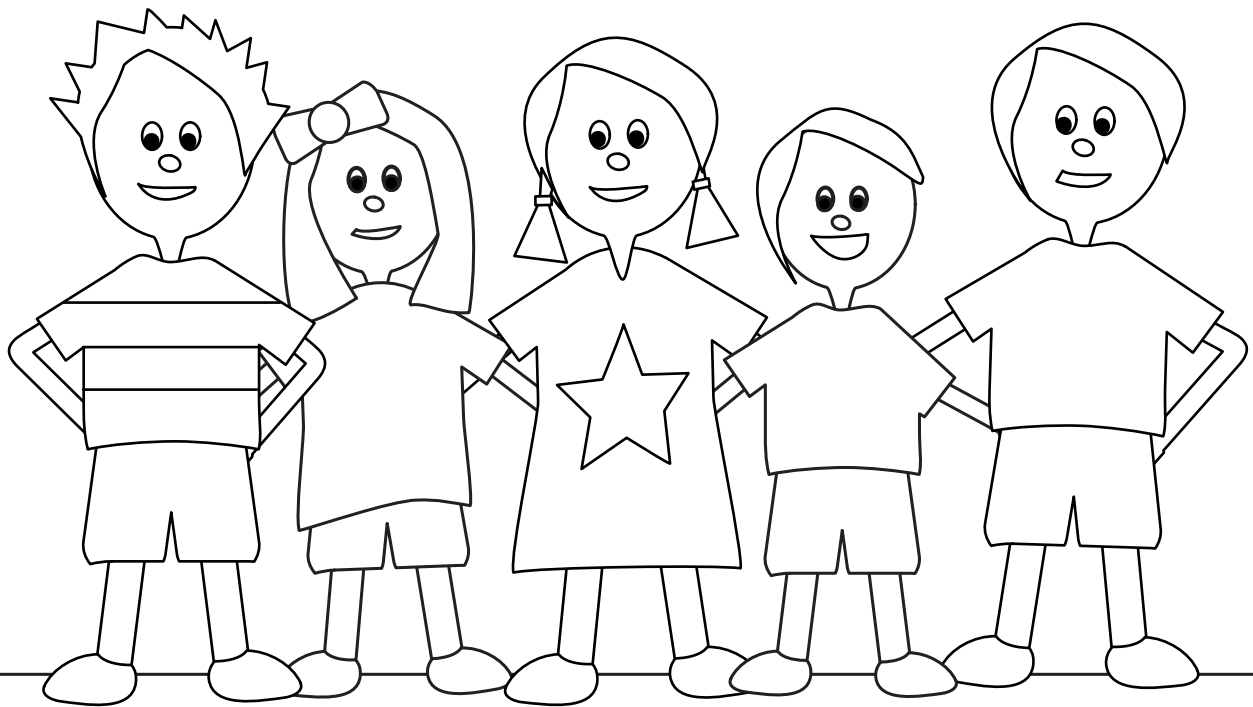
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

Meaning

Be part of something bigger



Together we can help
to make the world
a better place

ACTION FOR HAPPINESS