GREAT DREAM

Ten keys to happier living

GIVING RELATING

EXERCISING

AWARENESS

TRYING OUT



Do things for others



Connect with people



Take care of your body



Live life mindfully



Keep learning new things

DIRECTION

RESILIENCE

EMOTIONS

ACCEPTANCE

MEANING



Have goals to look forward to



Find ways to bounce back



Look for what's good



Be comfortable with who you are



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org