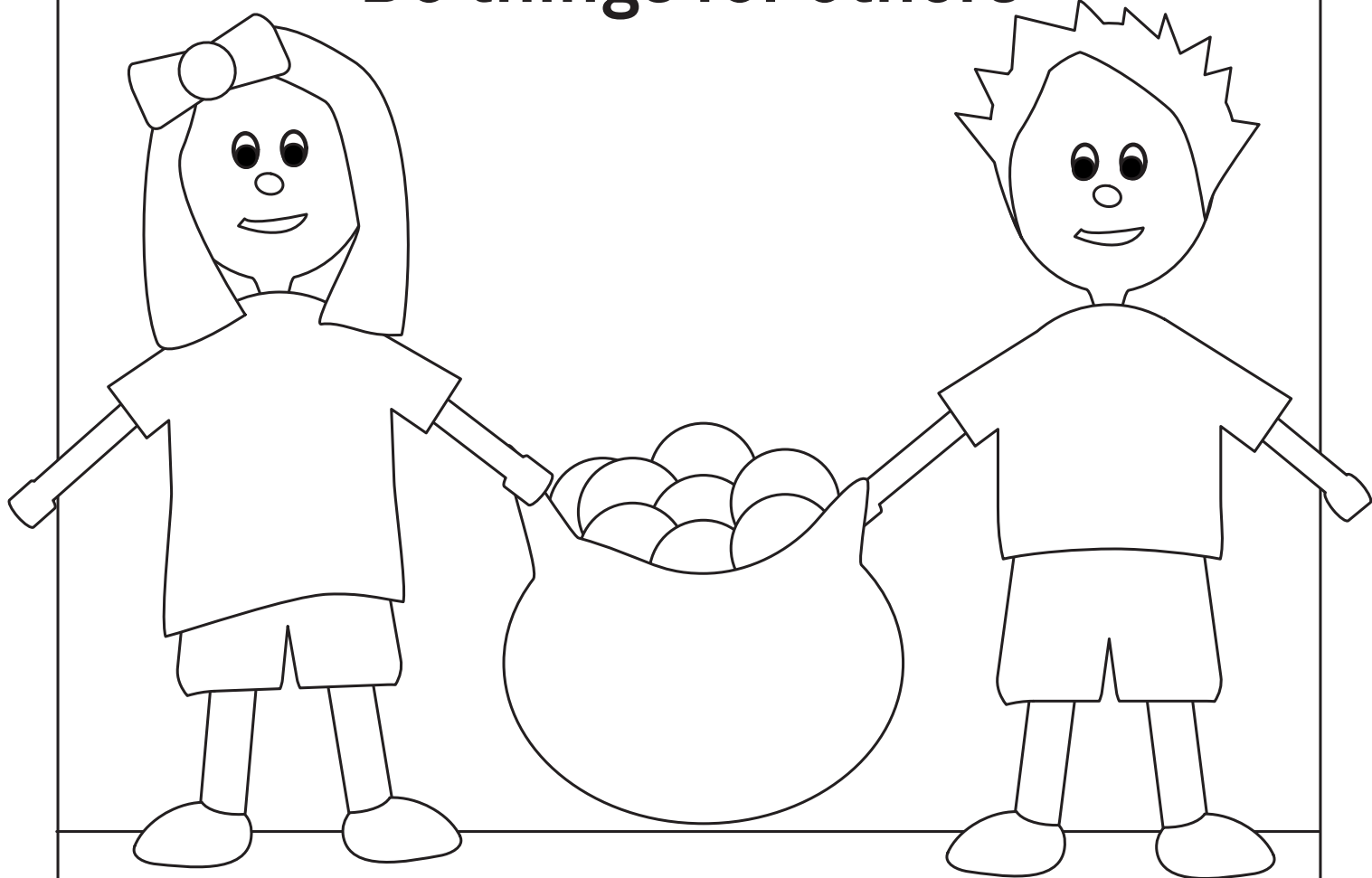




KEYS TO HAPPIER LIVING

# Giving

**Do things for others**



Doing good feels good

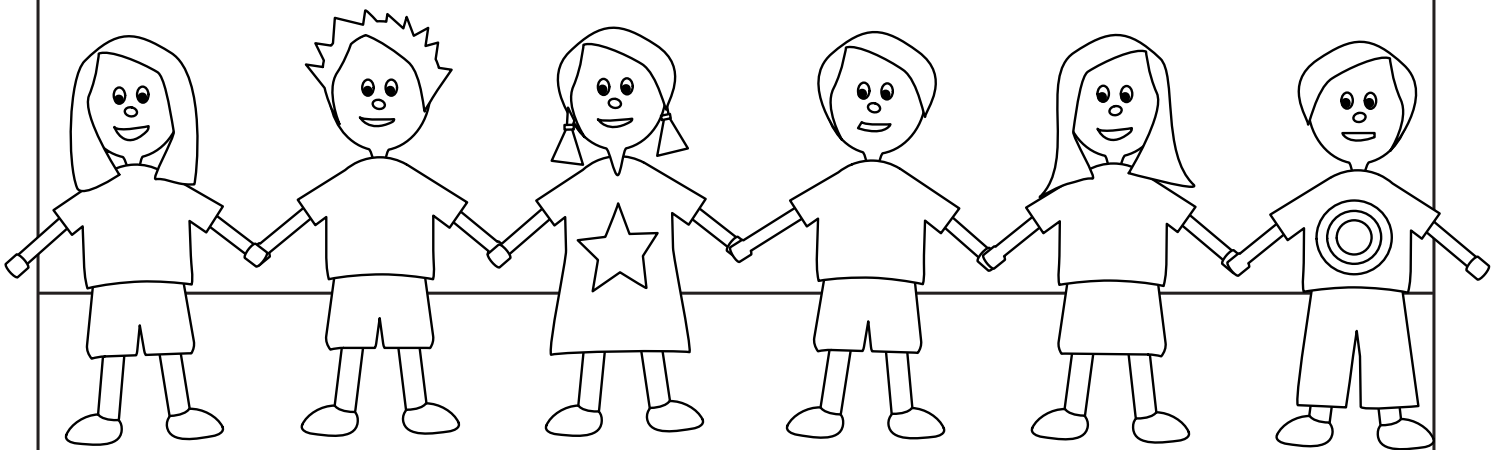
ACTION FOR HAPPINESS



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

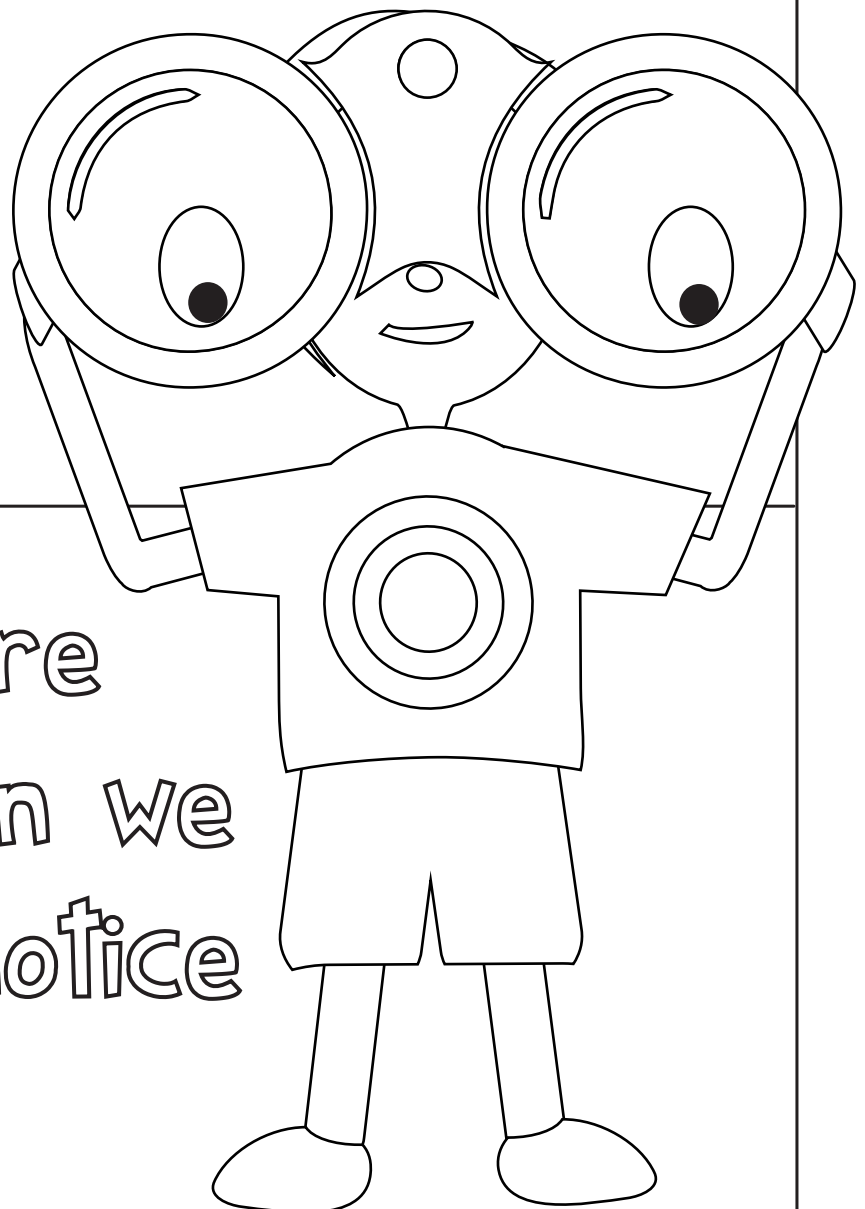
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

# Awareness

**Live life mindfully**



There's more  
to life when we  
stop and notice

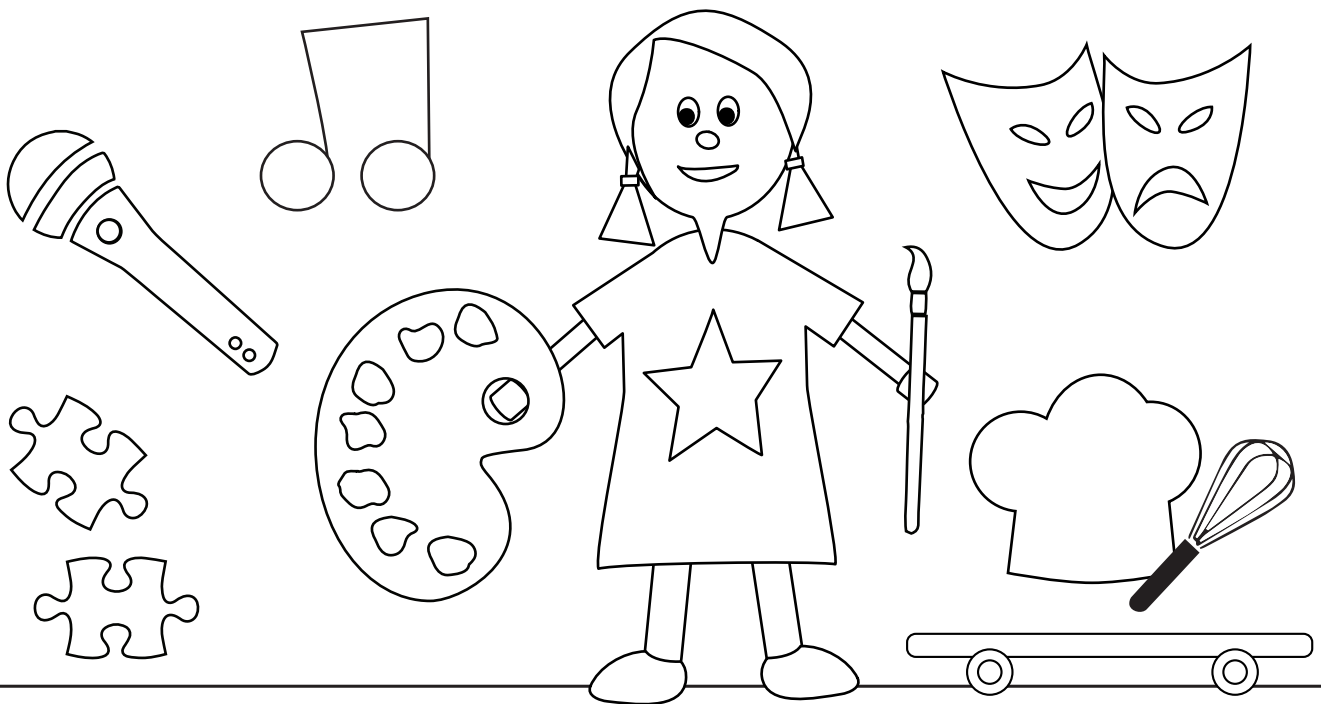
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KEYS TO HAPPIER LIVING

# Trying Out

**Keep learning new things**



Life is more fun when  
we try new things

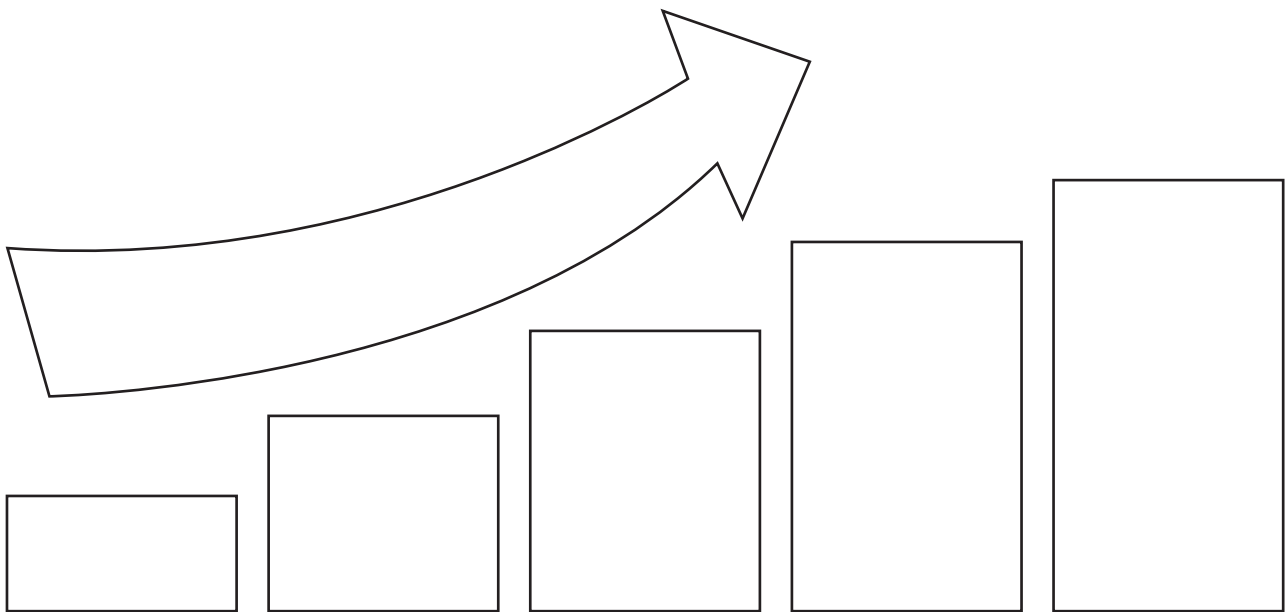
**ACTION FOR HAPPINESS**



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

# Resilience

**Find ways to bounce back**

BOUNCE  
BACK ABILITY



If you can't change it,  
change how you  
think about it

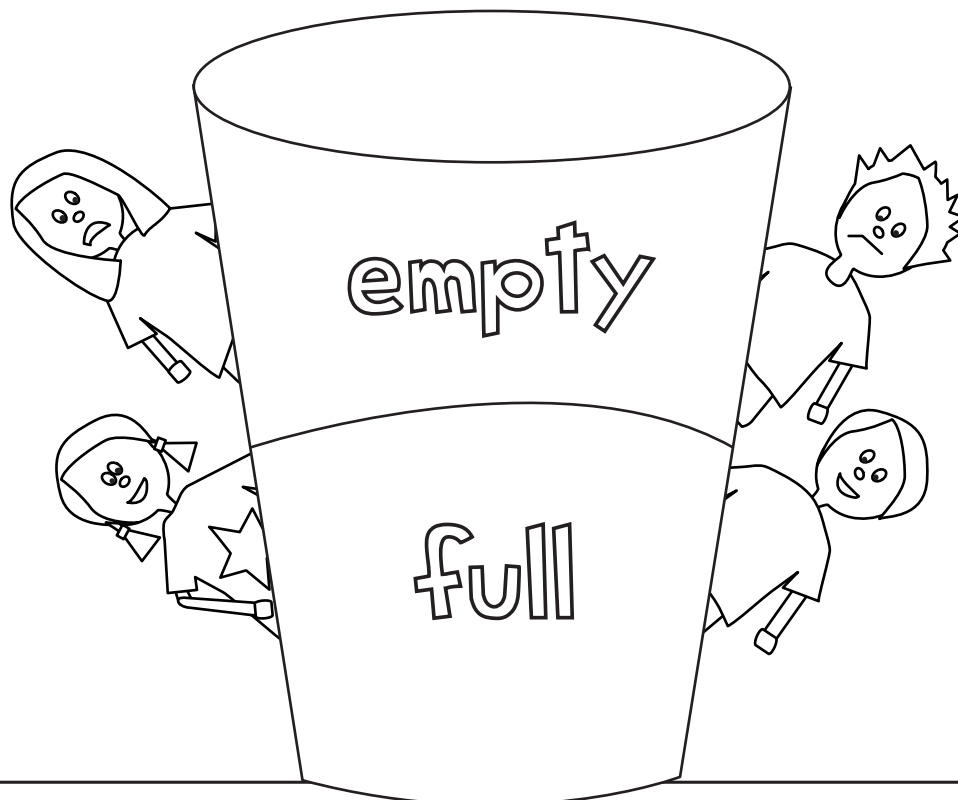
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

# Emotions

**Look for what's good**



See the glass half full  
rather than half empty

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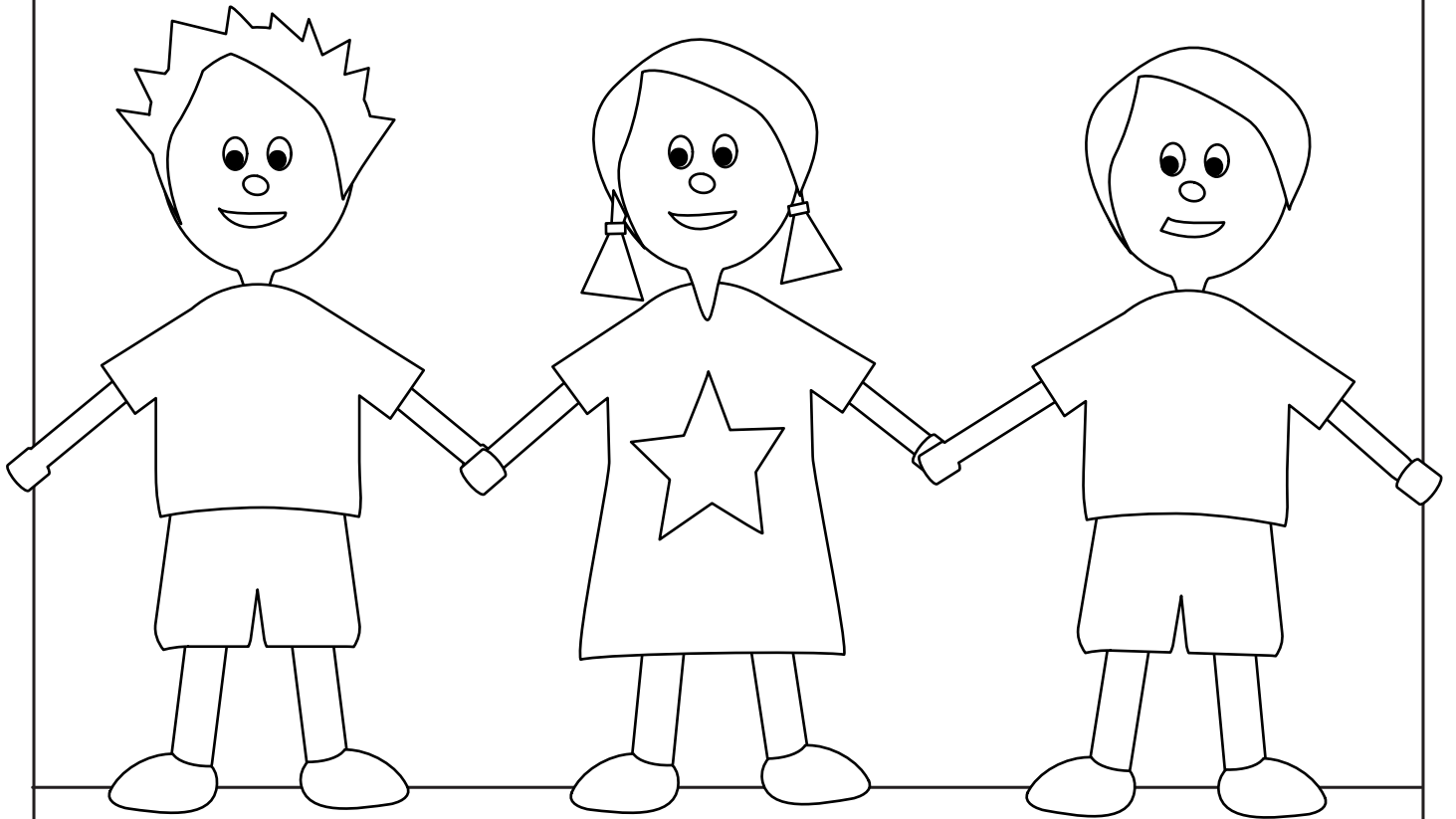




KEYS TO HAPPIER LIVING

# Acceptance

**Be comfortable with who you are**



We are all different and  
this is what makes us special

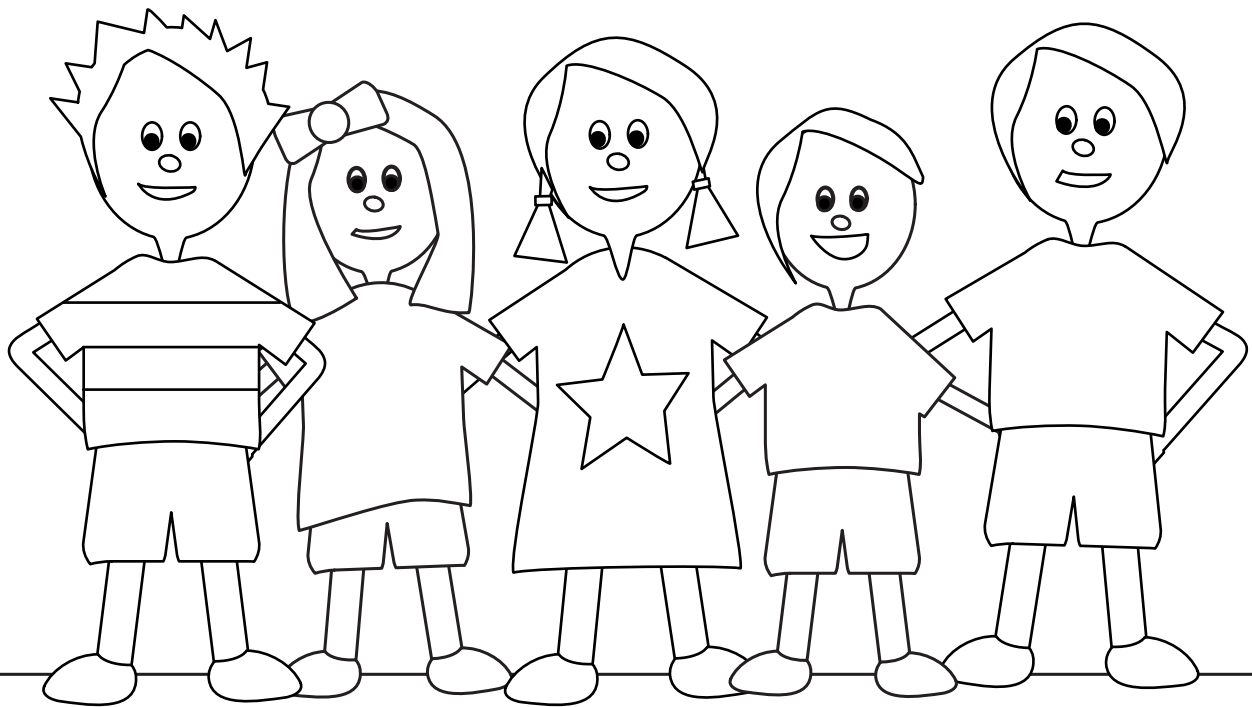
ACTION FOR HAPPINESS



KEYS TO HAPPIER LIVING

# Meaning

**Be part of something bigger**



Together we can help  
to make the world  
a better place

**ACTION FOR HAPPINESS**