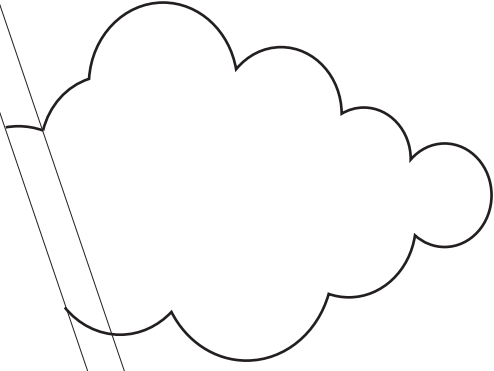
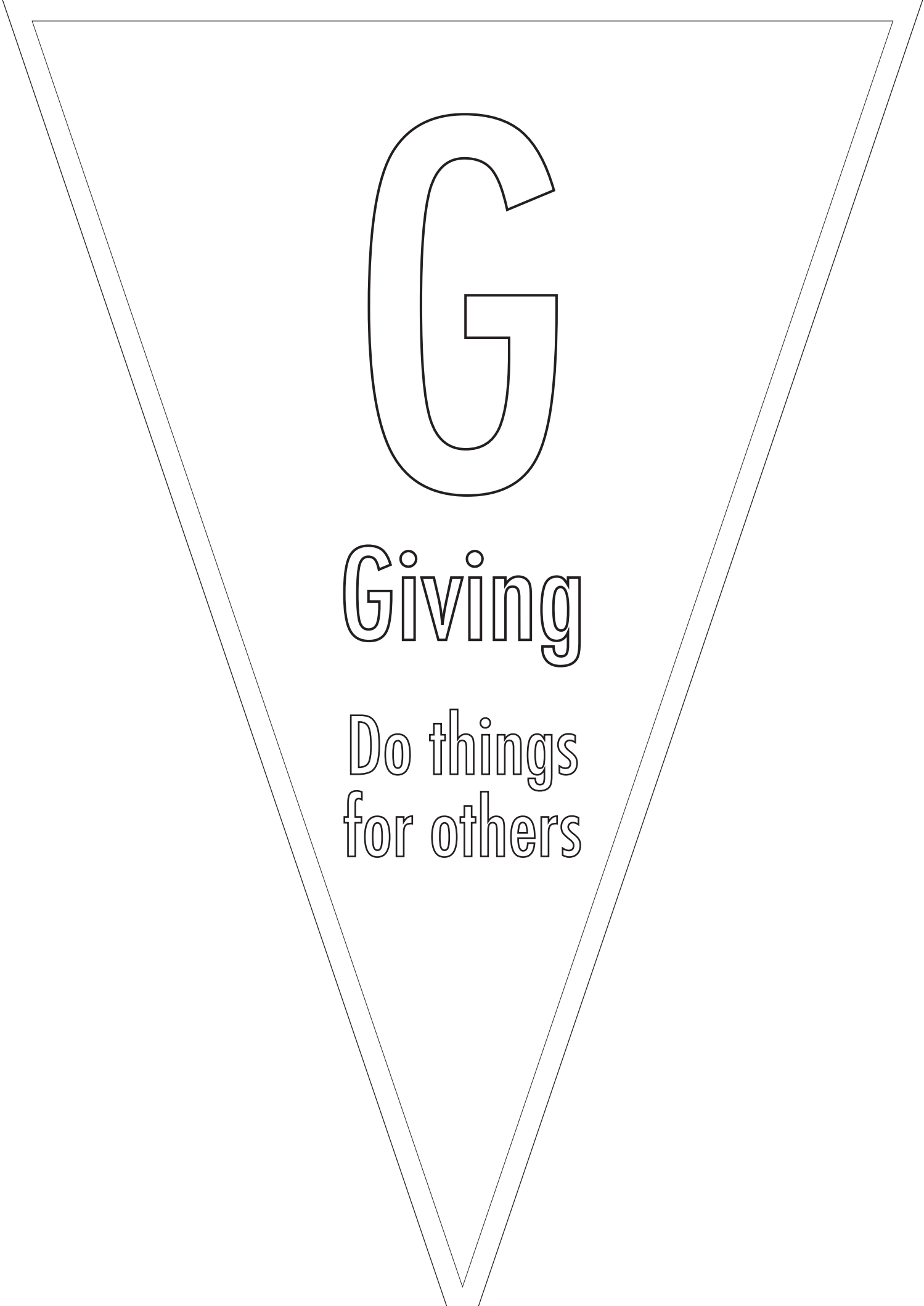


ACTION
FOR HAPPINESS

ACTION FOR HAPPINESS



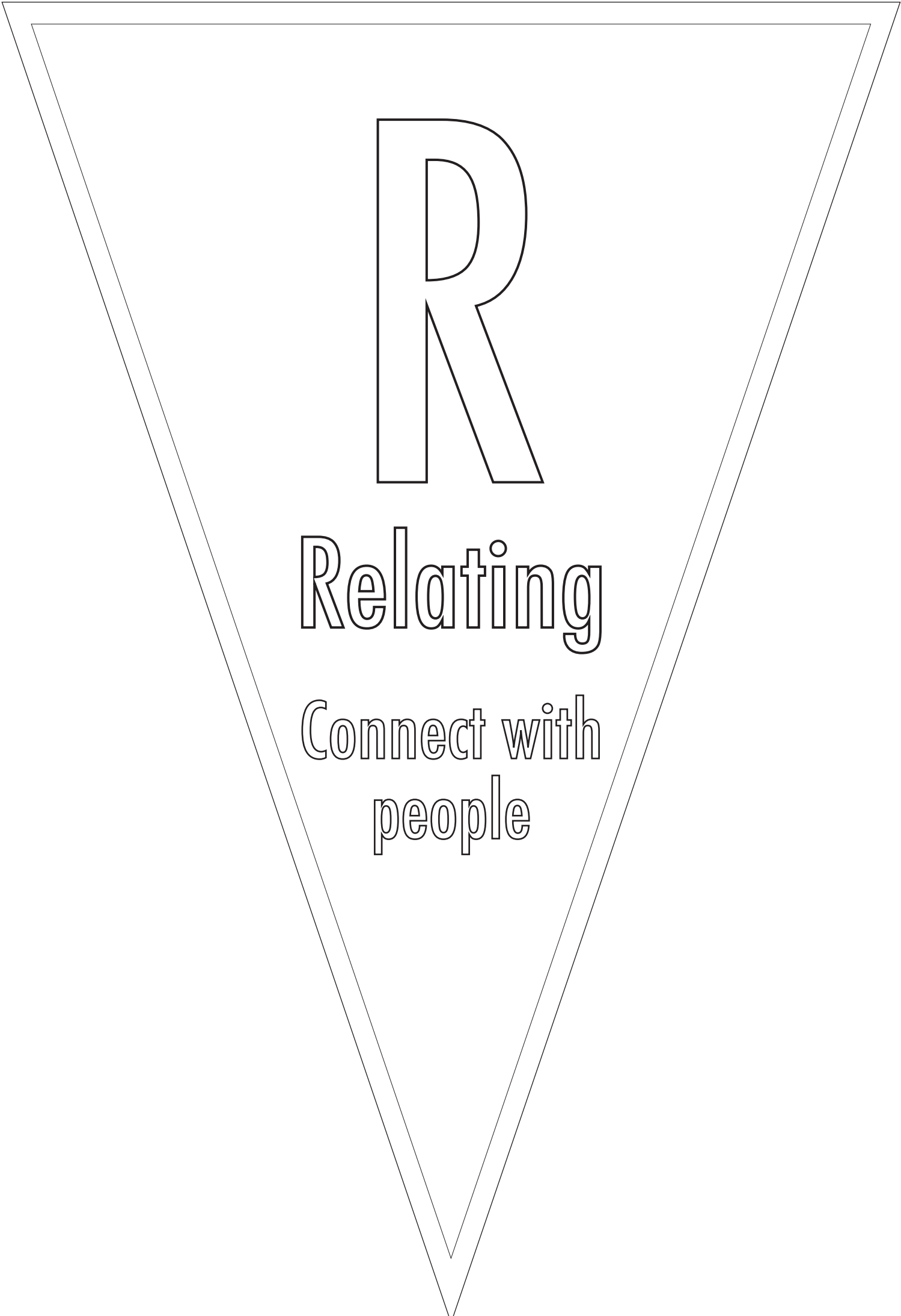
ACTION
FOR HAPPINESS



G

Giving

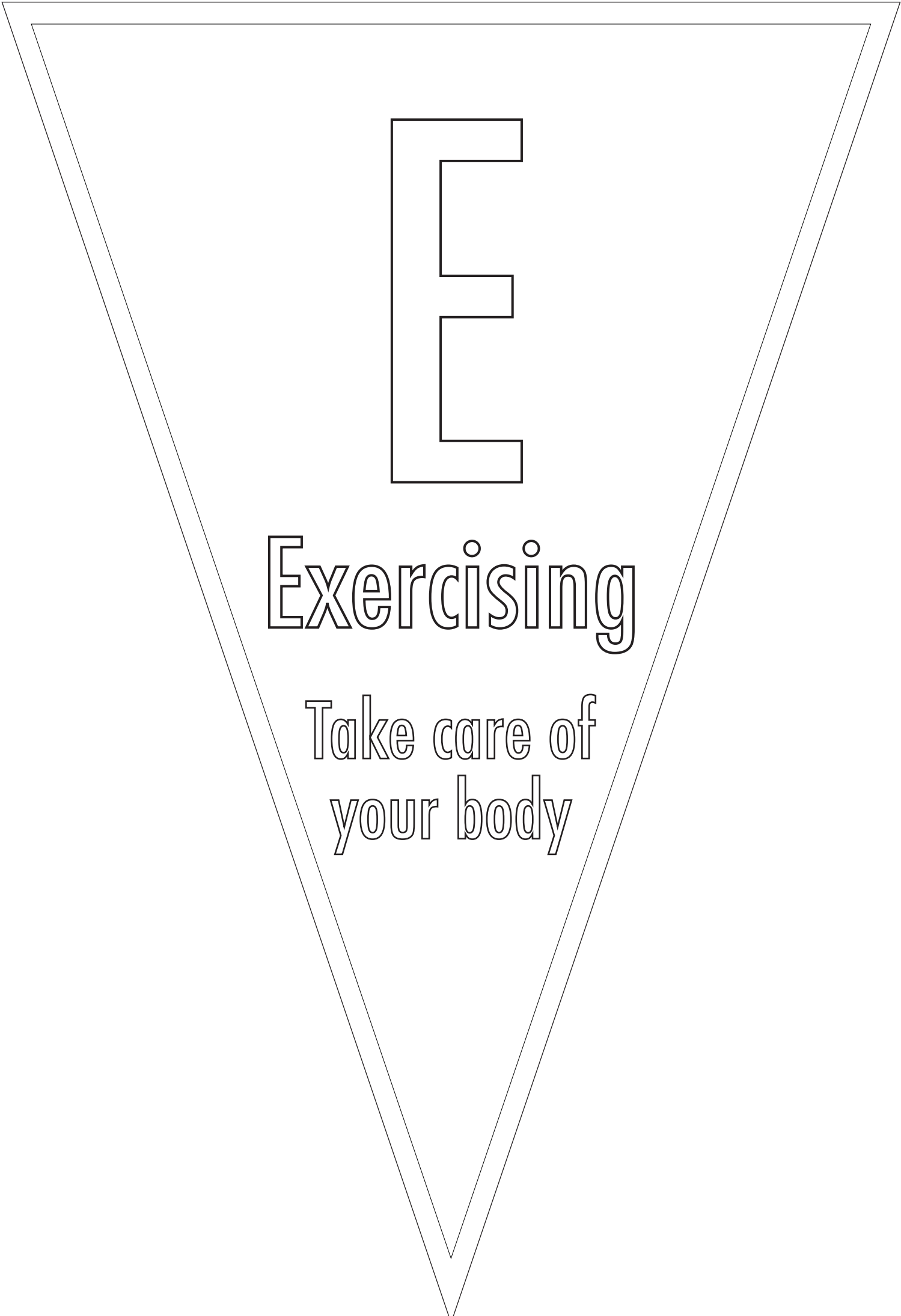
Do things
for others



R

Relating

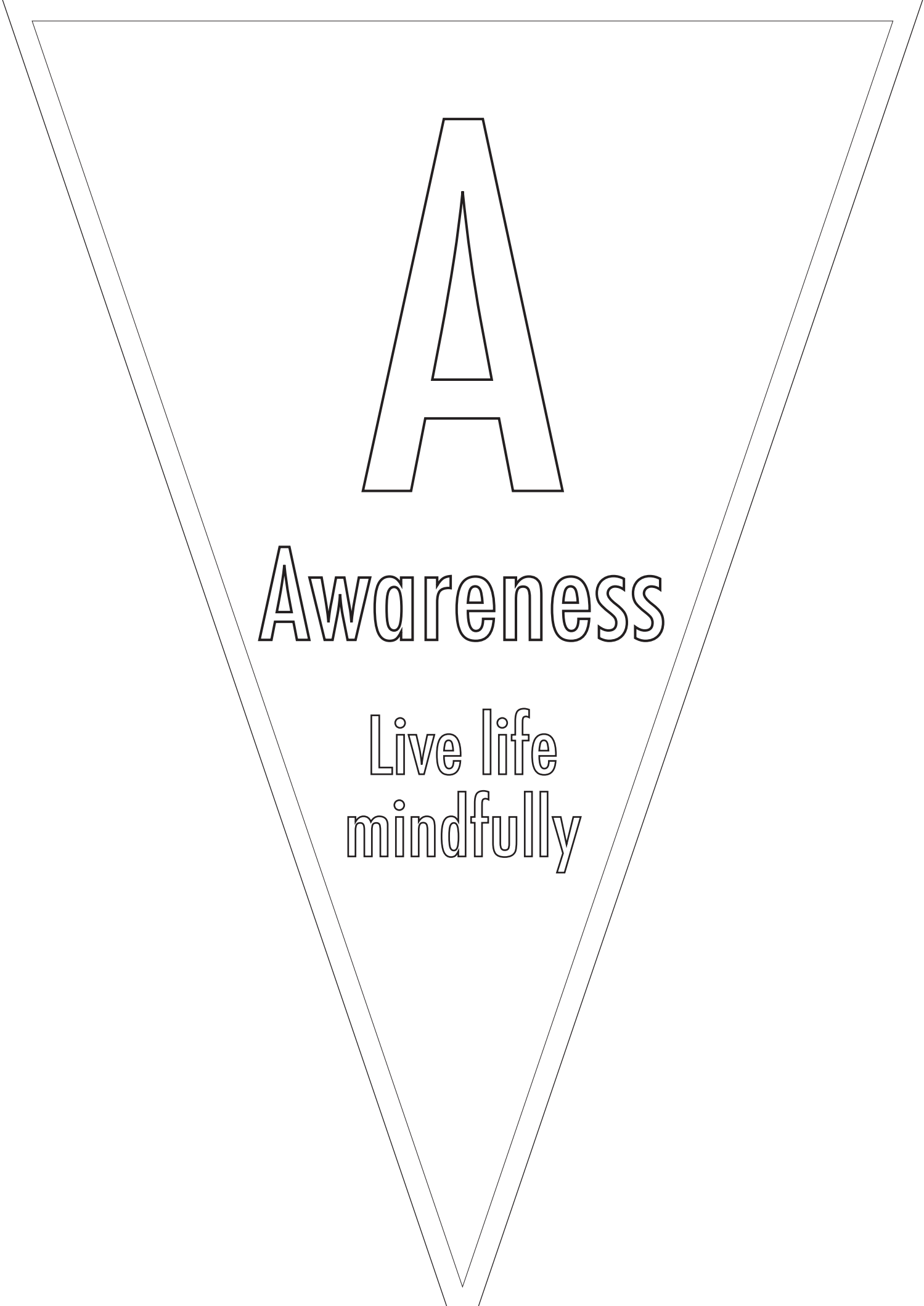
Connect with
people



E

Exercising

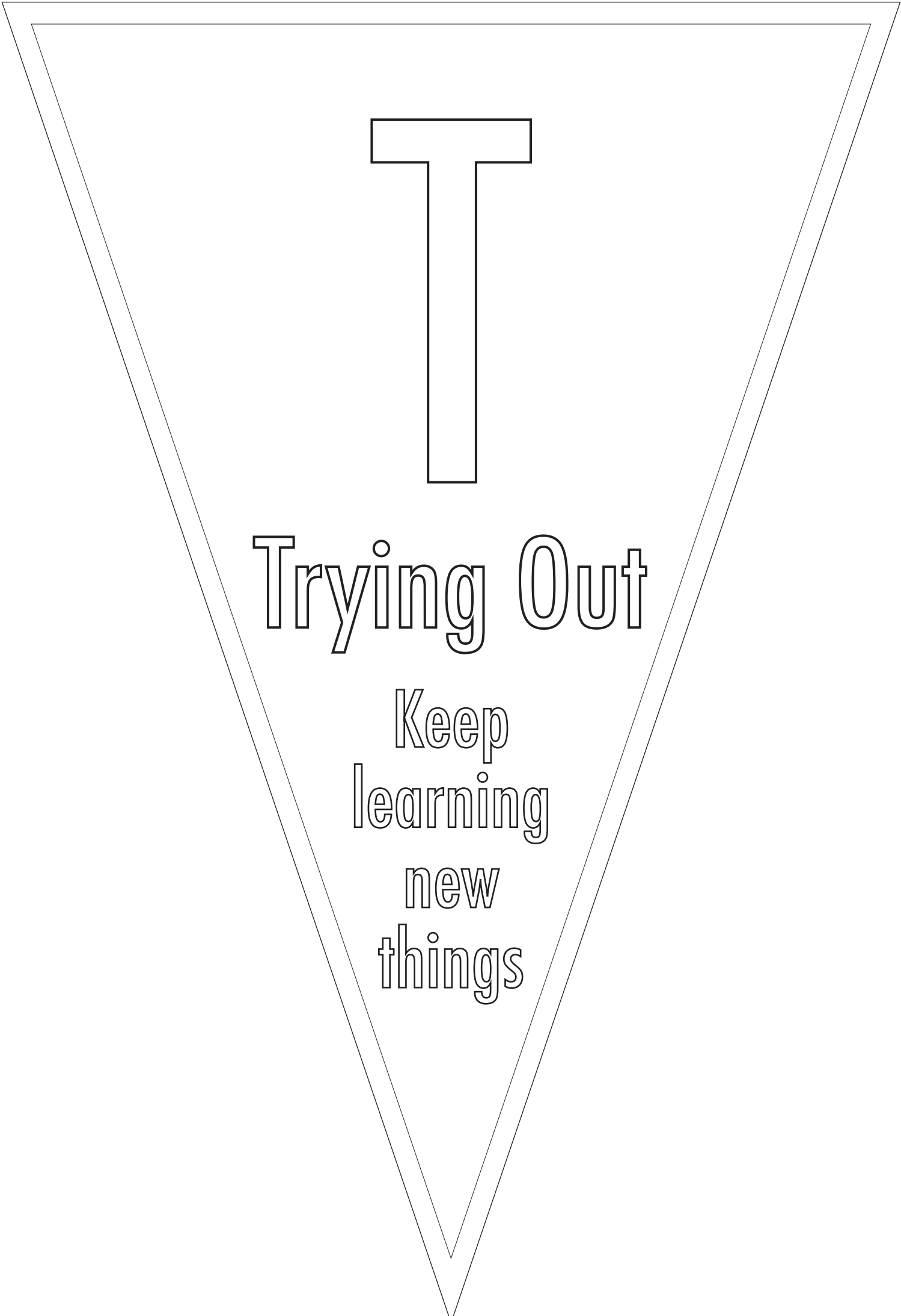
Take care of
your body



A

Awareness

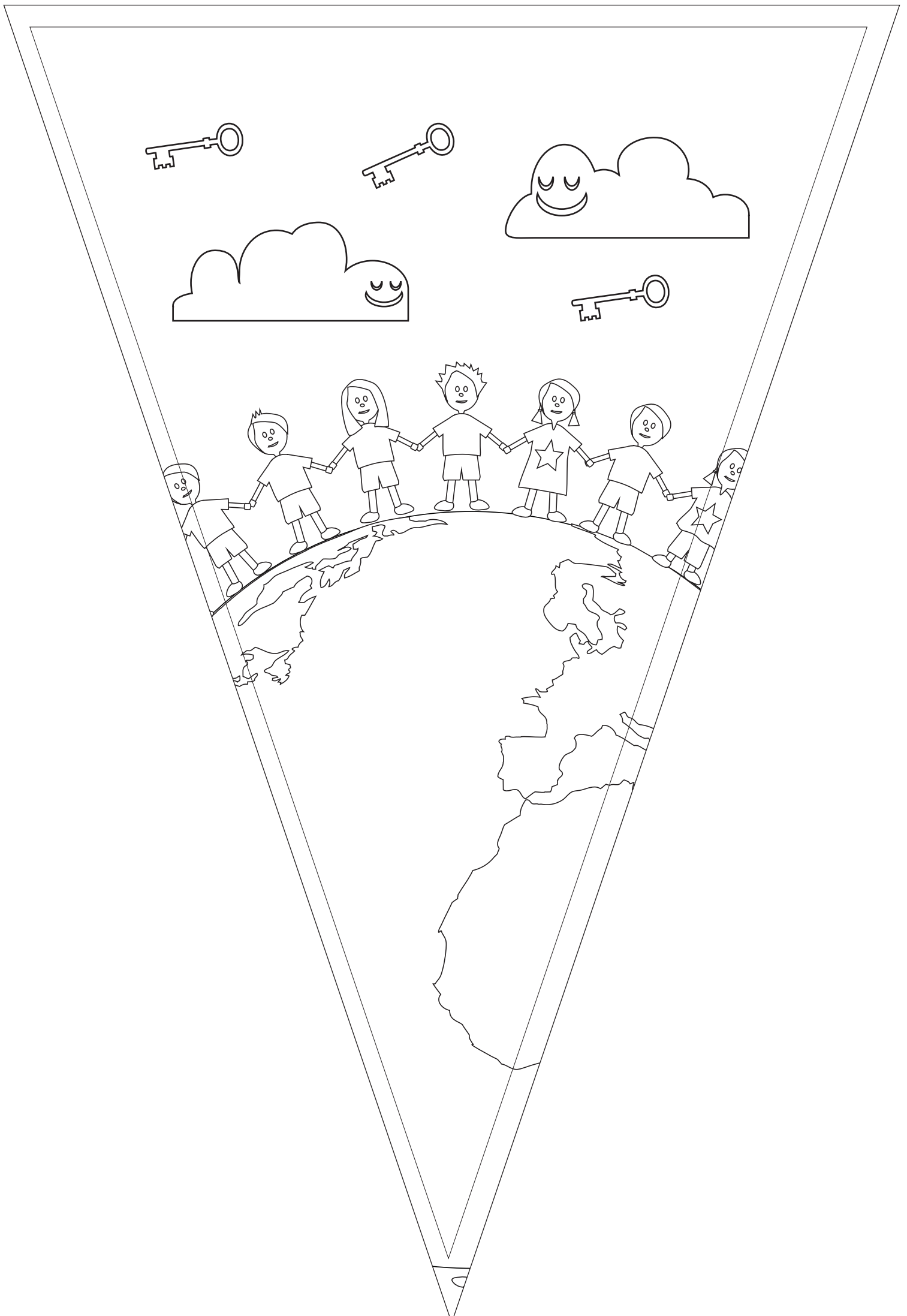
Live life
mindfully

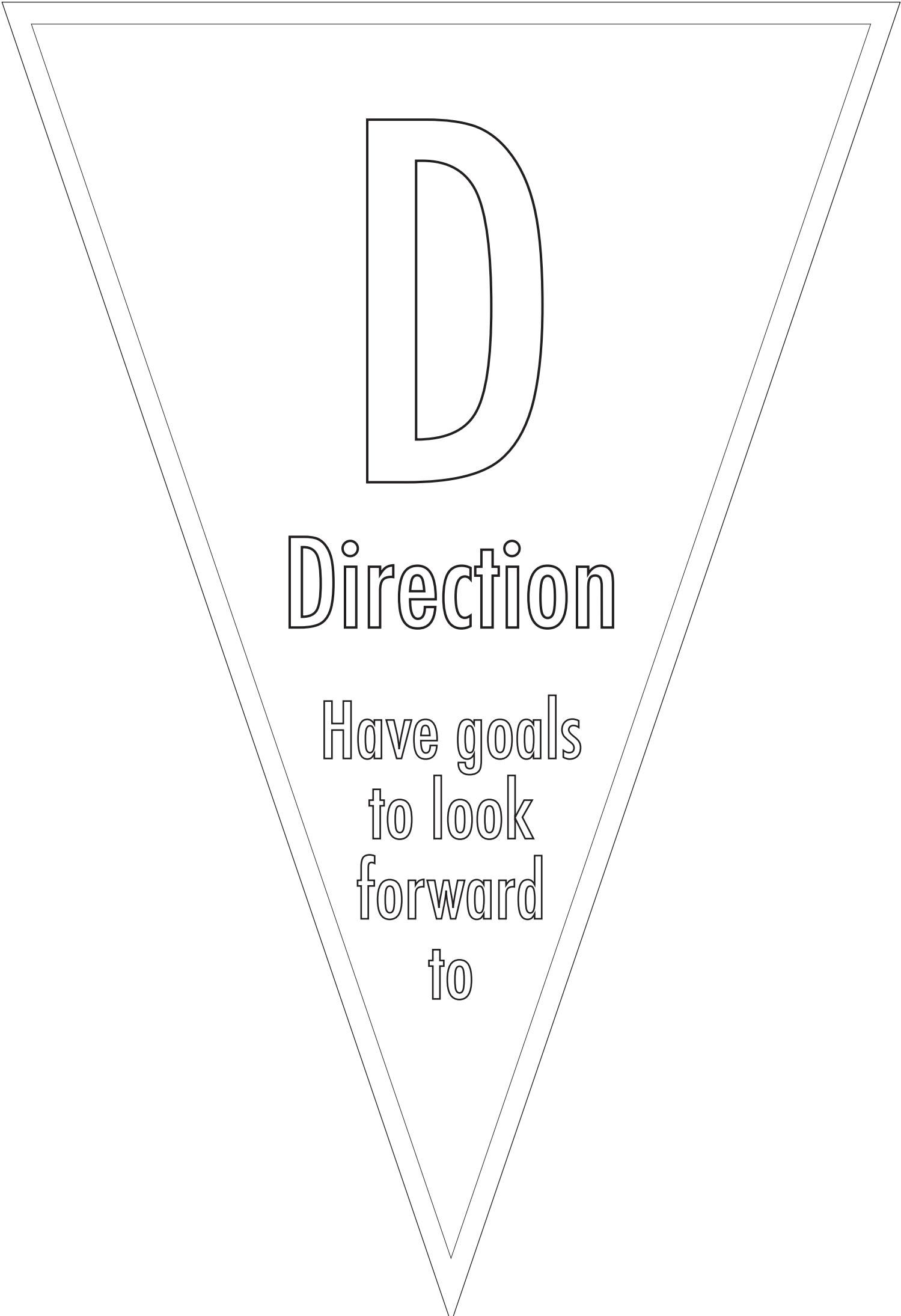


T

Trying Out

Keep
learning
new
things

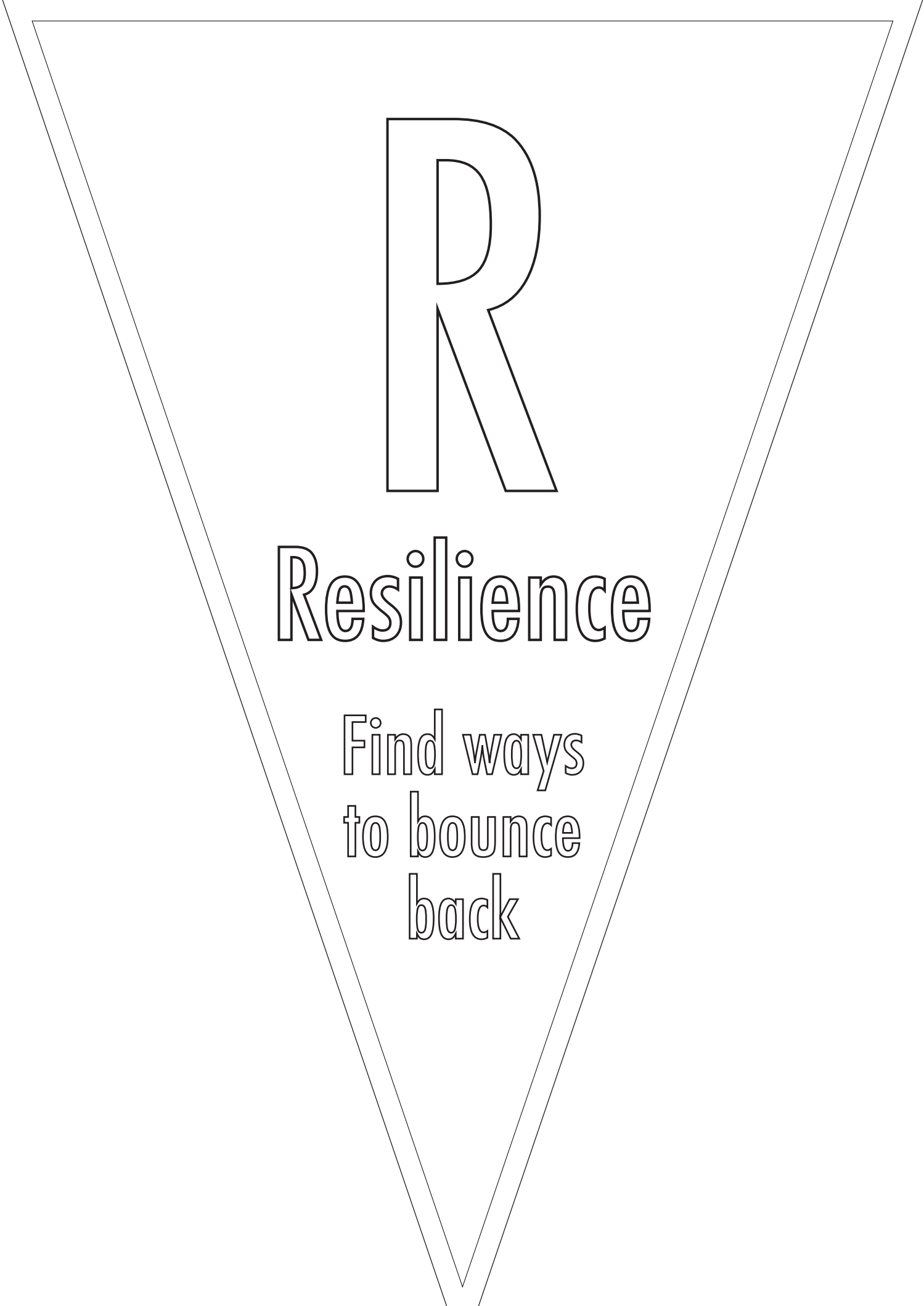




D

Direction

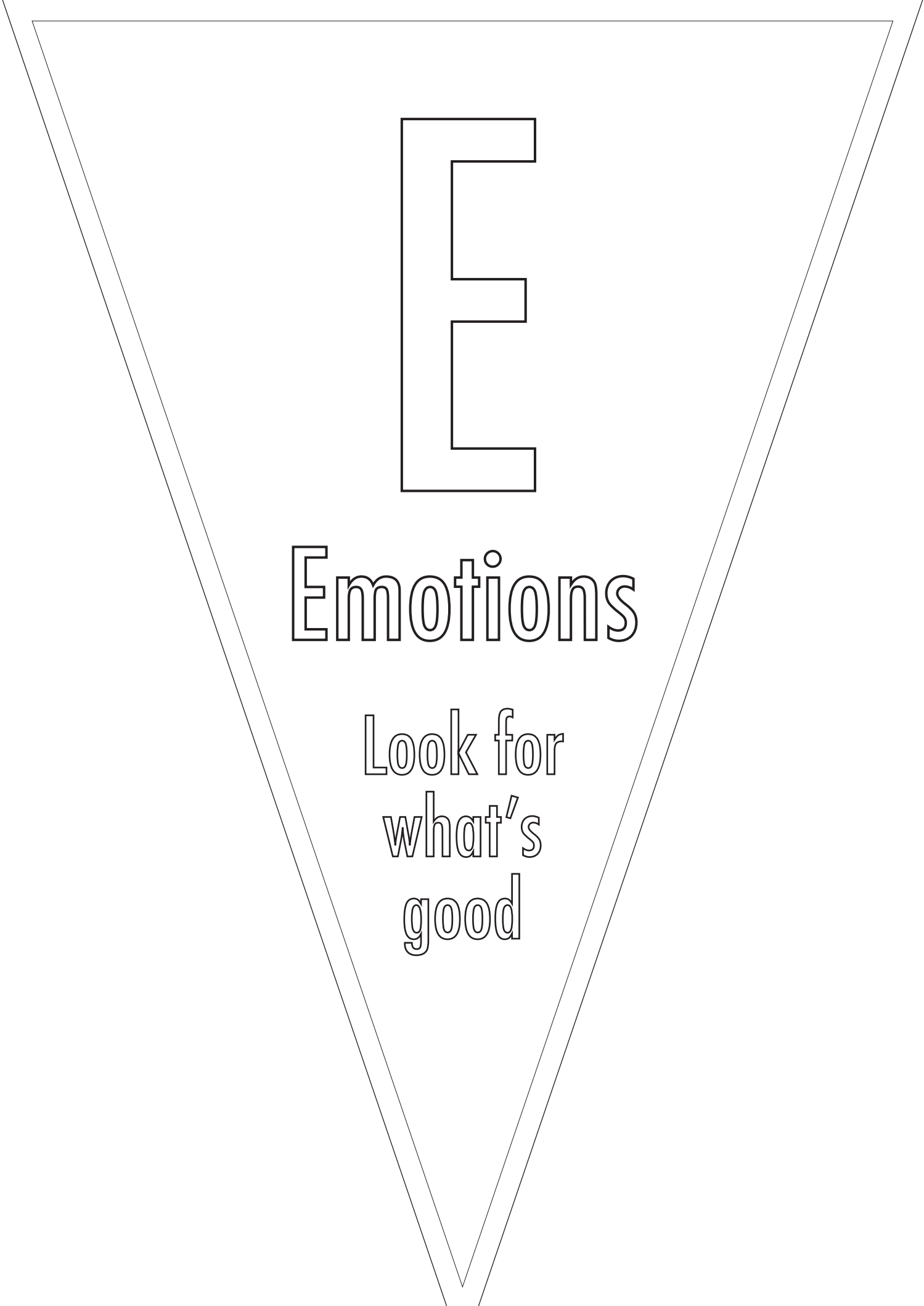
Have goals
to look
forward
to



R

Resilience


Find ways
to bounce
back



E

Emotions

Look for
what's
good



A

Acceptance

Be comfortable
with who
you are

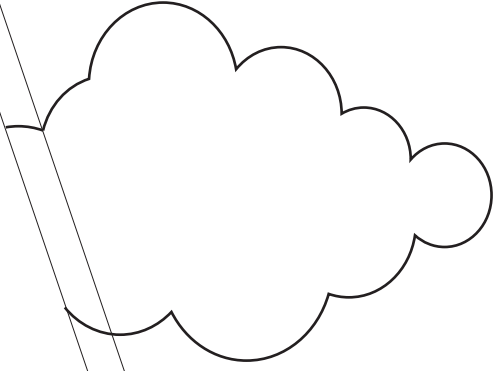


M

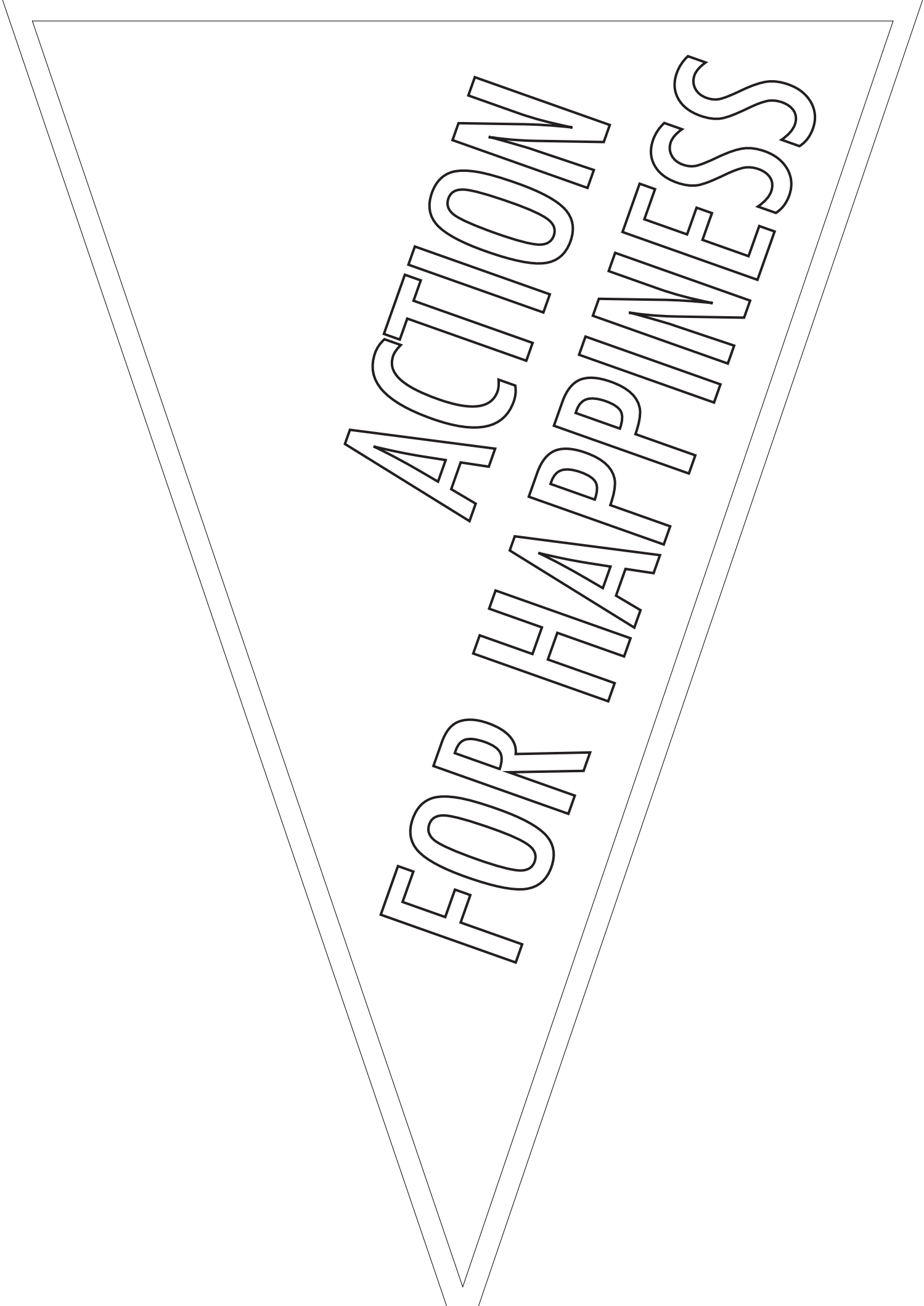
Meaning

Be part of
something
bigger

ACTION FOR HAPPINESS



ACTION
FOR HAPPINESS



ACTION
FOR HAPPINESS