## **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