## **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

房 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