



CREATE



DREAM

Ten keys to happier living



CREATE



DREAM

Ten keys to happier living

**GIVING**



Do things for others

**RELATING**



Connect with people

**EXERCISING**



Take care of your body

**AWARENESS**



Live life mindfully

**TRYING OUT**



Keep learning new things

**DIRECTION**



Have goals to look forward to

**RESILIENCE**



Find ways to bounce back

**EMOTIONS**



Look for what's good

**ACCEPTANCE**



Be comfortable with who you are

**MEANING**



Be part of something bigger

**GIVING**



Do things for others

**RELATING**



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Be part of something bigger

# QUESTION



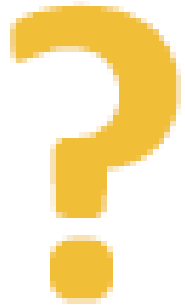
**What have you done recently to make someone happy or to help others?**

**ACTION FOR HAPPINESS**



Do things for others  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

# QUESTION



**What helps you stay close to the people that really matter?**

**ACTION FOR HAPPINESS**



**Connect with people  
[www.actionforhappiness.org](http://www.actionforhappiness.org)**

# ACTION IDEAS

- Do three extra acts of kindness today. Offer to help, give away your change, pay a compliment, or make someone smile.
- Reach out to help someone who's struggling. Give them a call or offer your support. Let them know you care.

ACTION FOR HAPPINESS



Do things for others  
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# ACTION IDEAS

- Make more time for the people who matter. Chat with a loved one or friend, call your parents or play with the kids.
- Make three extra connections today. Stop to chat in the shop, wave at a neighbour, learn the name of someone new.

ACTION FOR HAPPINESS



Connect with people  
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# QUESTION



**Which ways of being active and healthy do you really enjoy?**

**ACTION FOR HAPPINESS**



Take care of your body  
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# QUESTION



**What do you notice about where you are  
and how you feel right now?**

**ACTION FOR HAPPINESS**

**Live life mindfully**  
**[www.actionforhappiness.org](http://www.actionforhappiness.org)**

# ACTION IDEAS

- Be more active today. Get off a bus a stop early, take the stairs, turn off the TV, go for a walk - anything that gets you moving.
- Eat nutritious food, drink more water, catch up on sleep. Notice which healthy actions lift your mood and do more of them.

ACTION FOR HAPPINESS



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# ACTION IDEAS

- Give yourself a bit of head space. At least once a day, stop and take 5 minutes to just breathe and be in the moment.
- Notice and appreciate good things around you every day, big or small. Trees, bird song, the smell of coffee, laughter perhaps?

 ACTION FOR HAPPINESS

  
Live life mindfully  
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# QUESTION



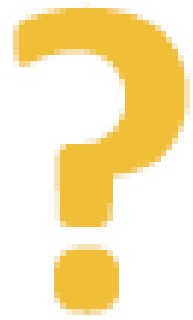
**What have you learnt or tried out  
for the first time recently?**

**ACTION FOR HAPPINESS**



Keep learning new things  
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# QUESTION



**What is your most important goal over the next six months?**

**ACTION FOR HAPPINESS**



Have goals to look forward to  
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# ACTION IDEAS

- Do something for the first time today. Sample sushi, try a new route, read a different newspaper or visit a local place of interest.
- Learn a new skill, however small. A first aid technique or a new feature on your phone. Cook a new meal or use a new word.

ACTION FOR HAPPINESS

Keep learning new things  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

# ACTION IDEAS

- Take the first step. Think of a goal you're aiming for and do one thing to get started. Make a call, fill in that form, tell others.
- Share your dreams. Tell 3 people about an aspiration that is really important to you this year and listen to theirs too.

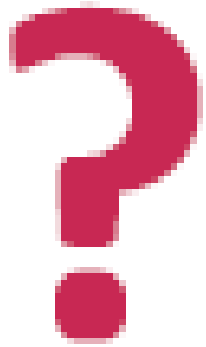
ACTION FOR HAPPINESS



Have goals to look forward to  
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# QUESTION



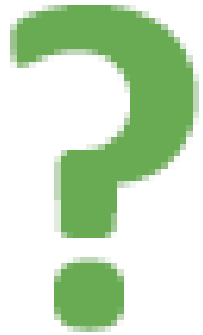
**What has helped you bounce back from difficult times before?**

**ACTION FOR HAPPINESS**



Find ways to bounce back  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

# QUESTION



**What good things have happened  
in your life recently?**

**ACTION FOR HAPPINESS**



**Look for what's good  
[www.actionforhappiness.org](http://www.actionforhappiness.org)**

# ACTION IDEAS

- Ask for help today. Confide in a friend, talk to an expert, reach out to a colleague, ask a neighbour to lend a hand.
- When something is troubling you, do something you really enjoy. Shift your mood and bring a new perspective on the problem.

ACTION FOR HAPPINESS



Find ways to bounce back  
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# ACTION IDEAS

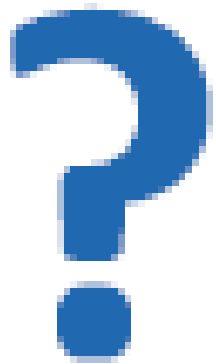
- Do something that you know will make you feel good. Listen to music, watch something funny, get outside or call an old friend.
- Try to smile and say something positive every time you walk into a room. Notice the reaction you get.

ACTION FOR HAPPINESS



Look for what's good  
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# QUESTION



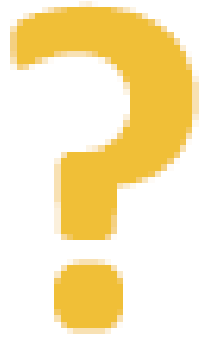
**What are your greatest strengths or hidden talents?**

**ACTION FOR HAPPINESS**



Be comfortable with who you are  
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# QUESTION



**Which aspects of your life give you a real sense of purpose?**

**ACTION FOR HAPPINESS**



Be part of something bigger  
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## ACTION IDEAS

- Ask a trusted friend or colleague to tell you what they think your real strengths are. Try to make more use of these.
- Be as kind to yourself as you are to others. See your mistakes as opportunities to learn. Notice things you do well, however small.

ACTION FOR HAPPINESS

Be comfortable with who you are  
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## ACTION IDEAS

- Feel part of something bigger. Spend time with children, visit an inspiring location, gaze at the stars or join a club.
- Be more charitable. Give others your time, offer to help neighbours or friends, consider giving blood or volunteering.

ACTION FOR HAPPINESS



Be part of something bigger  
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