



Ten keys to happier living

Actionforhappiness.org have researched that if you have the following in your life, you will feel happier in yourself.

Look through each of these and write down your current experience of each. If you don't have any, think about what you would like to do.

GIVING - doing things for others

RELATING - connecting with people

EXERCISING - taking care of your body

AWARENESS - live life mindfully

TRYING OUT - keep learning new things that interest you

DIRECTION - Have goals to look forward to

RESILIENCE - find ways to bounce back

EMOTIONS - talk about your emotions and focus on the good

ACCEPTANCE - accept who you are, good and bad

MEANING - be a part of something bigger