

# GREAT DREAM

## Ten keys to happier living

**G**IVING



Do things for others

**R**ELATING



Connect with people

**E**XERCISING



Take care of your body

**A**PPRECIATING



Notice the world around

**T**RYING OUT



Keep learning new things

**D**IRECTION



Have goals to look forward to

**R**ESILIENCE



Find ways to bounce back

**E**MOTION



Take a positive approach

**A**CEPTANCE



Be comfortable with who you are

**M**EANING



Be part of something bigger

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)