

# GREAT 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

ACTION FOR HAPPINESS

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

# ACTION FOR HAPPINESS

Join the movement. Be the change

We all want to lead a happy life and want the people we love to be happy too. But as a society we are not giving this enough priority. Despite decades of economic growth we are no happier now than we were sixty years ago. We need to re-think our priorities.

The good news is that our actions and choices can affect our happiness. What makes us happy has less to do with our money or possessions and more to do with our attitudes and relationships with other people.



Action for Happiness is a movement of people from all walks of life who are taking action in their personal lives, communities, workplaces and schools to help create a happier and more caring society.

We help people learn practical ways to increase their well-being and make others happier too, all based on the latest scientific evidence of what really works. You can start with our 'Ten keys to happier living'.

**A happier world is possible. Your actions really make a difference.**

“I will try to create more happiness and less unhappiness in the world around me”

*The Action for Happiness pledge*



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