

# GREAT DREAM

## Ten keys to happier living

Action for Happiness has developed the 10 Keys to Happier Living based on a review of the latest scientific research relating to happiness.

Everyone's path to happiness is different, but the research suggests these ten things consistently tend to have a positive impact on people's overall happiness and well-being.

The first five relate to how we interact with the **outside** world in our daily activities. The second five come more from **inside** us and depend on our attitude to life.

**G**IVING



Do things for others

**R**ELATING



Connect with people

**E**XERCISING



Take care of your body

**A**WARENESS



Live life mindfully

**T**RYING OUT



Keep learning new things

**D**IRECTION



Have goals to look forward to

**R**ESILIENCE



Find ways to bounce back

**E**MOTIONS



Look for what's good

**A**CEPTANCE



Be comfortable with who you are

**M**EANING



Be part of something bigger