

**Happiness
Isn't About
How Much
You Have,
But How
Much You
Enjoy Life**

How to be happy



Treat everyone with kindness.



Get up early in the morning



Be more optimistic about the future



Be kinder to people around



**Observe the natural beauty that
surrounds you**



Laugh more



Practice deep breathing and yoga.



Enjoy the sunlight



On the weekend, escape to nature



Learn to forgive and forget



**Be grateful for your life, for each
moment of every day.**

Smile to people around



Eat plenty of nuts



Eat plenty of whole grains



**Eat plenty of locally grown fruits and
vegetables**



Eat plenty of dairy products



Get enough sleep.



Exercise daily





