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

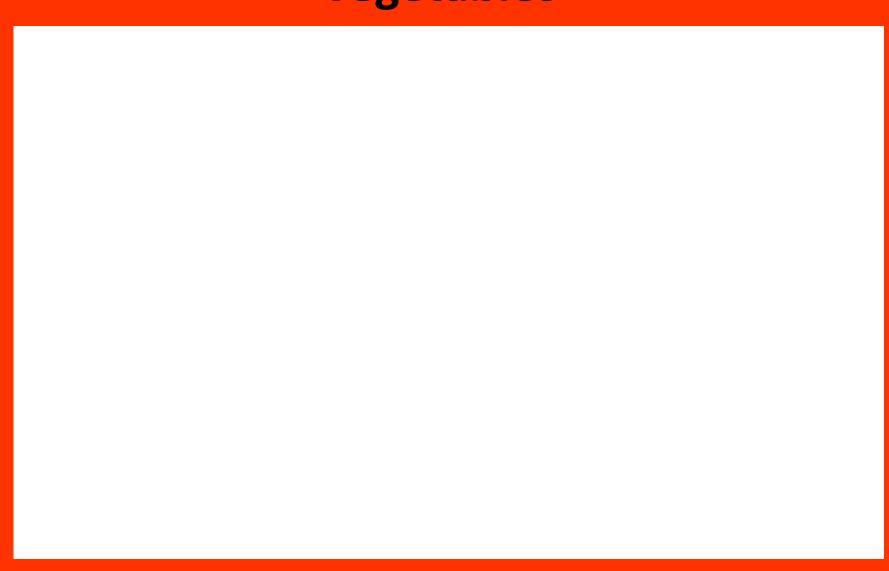


Eat plenty of nuts

Eat plenty of whole grains



Eat plenty of locally grown fruits and vegetables



Eat plenty of dairy products



Get enough sleep.

Exercise daily





