

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

QUICK EXERCISE

Using the descriptions of the GREAT DREAM, write down in the spaces what you already do and what you can do more of.

GIVING e.g say thank you to someone, offer your time or kind words	I already do...	I could do more of...
RELATING e.g meet a friend, have some family time	I already do...	I could do more of...
EXERCISE e.g take a walk, play a sport, dance in your room	I already do...	I could do more of...
AWARENESS e.g practice breathing, look at the trees, do some yoga	I already do...	I could do more of...
TRYING OUT e.g learn a new song, try a new hobby	I already do...	I could do more of...
DIRECTION e.g complete some homework, tidy your bedroom	I already do...	I could do more of...
RESILIENCE e.g talk to someone when you need help	I already do...	I could do more of...
EMOTIONS e.g write down 3 things you feel thankful for at the end of the day	I already do...	I could do more of...
ACCEPTANCE e.g practice kindness to yourself, list your strengths and unique qualities	I already do...	I could do more of...
MEANING e.g explore joining a club, a faith group or support a campaign	I already do...	I could do more of...