



10 Signs You Are Happy

Happiness
Alliance

You love
yourself



and love
the people
in your life.

The people in
your life
are nice



to you,
and you
are nice to them.

You Sleep



at least 8 hours
a night
with ease.

You get joy out of



the simple things
in life.



You love nature.



**You feel that
your contribution
to the world is positive
and helps others.**

When times are tough,
and you're feeling down



you know you will get
through and be happy
again someday.

When nothing
is happening



you feel
content.

**You are grateful
for the good
people, things
and
experiences in
your life.**

In reflection



you feel good
about your life.

**We can live in an
ecologically
sustainable world**



**where all people
have equal opportunity
to be happy.**

The

Happiness
Alliance

is a nonprofit offering
tools, resources and
knowledge for a new
economic paradigm
since 2010.

Join us
in making the world a
better place for all.