

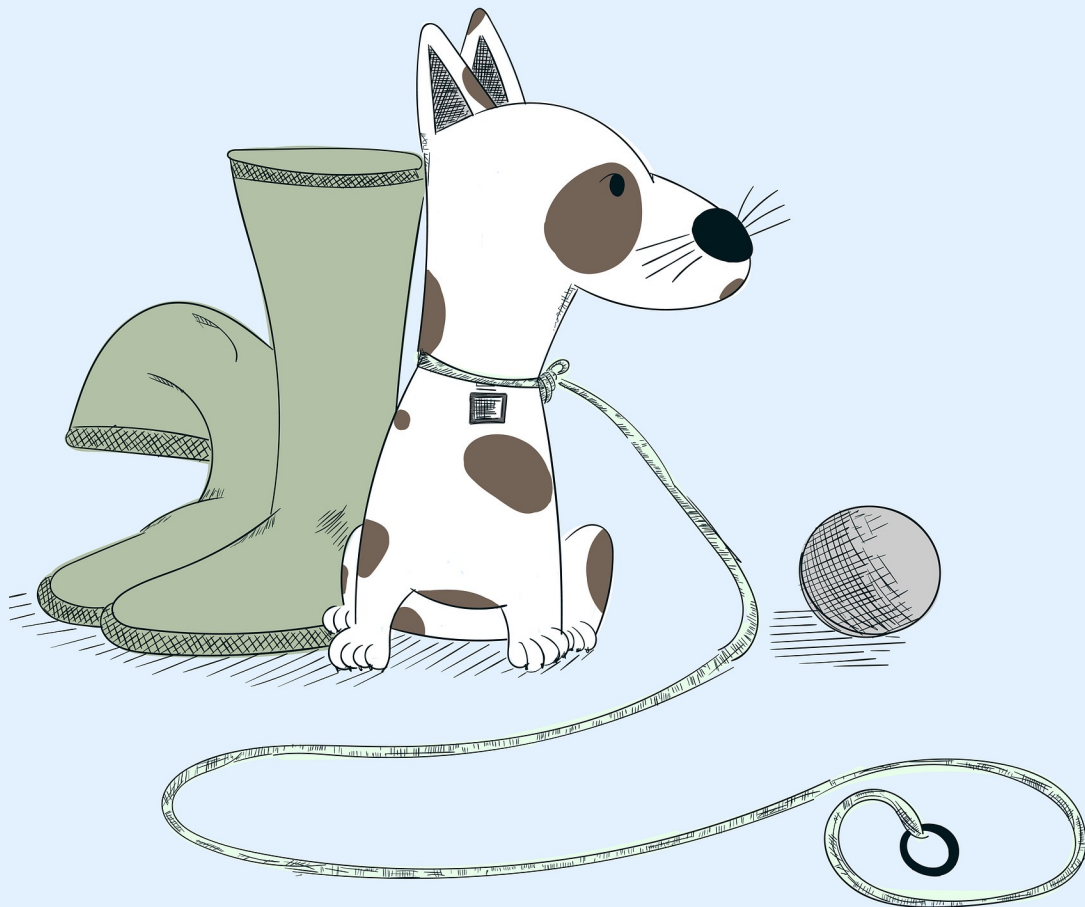
# HERE for a Happy Life



Four simple steps for living a happy life.



Hope  
Enjoy  
Reminisce  
Engage  
for a happy life.





Hope

Anticipate good things in your future.

Plan for something great.

Envision a lovely day tomorrow.

Look forward to good times.

Contemplate what you can do to be happy.





Enjoy



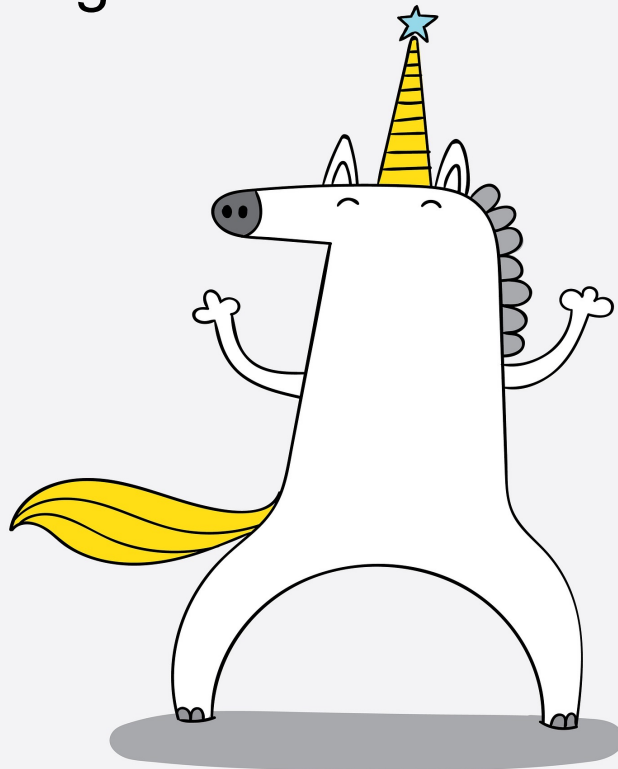
Fully experience each moment when life is good.

Engage in good things when they are happening.

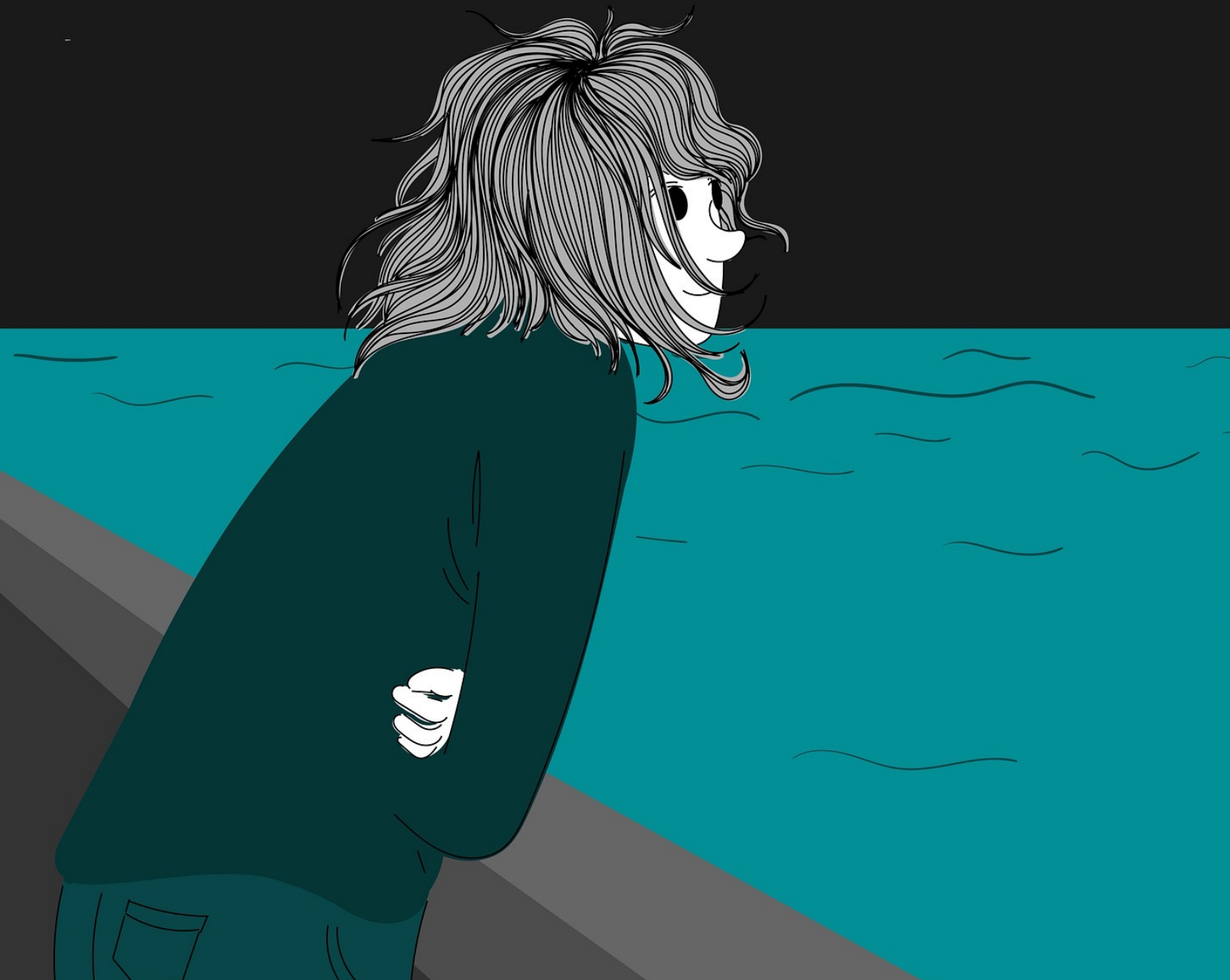
Appreciate the people and things around you when you are happy.

Let yourself fully express your joy.

Celebrate your life by fully living in the moments when they are good moments.



# Reminisce





Reflect on the good things in life.

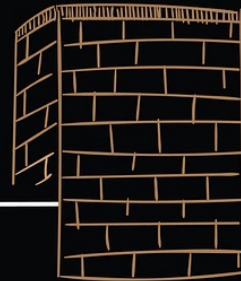
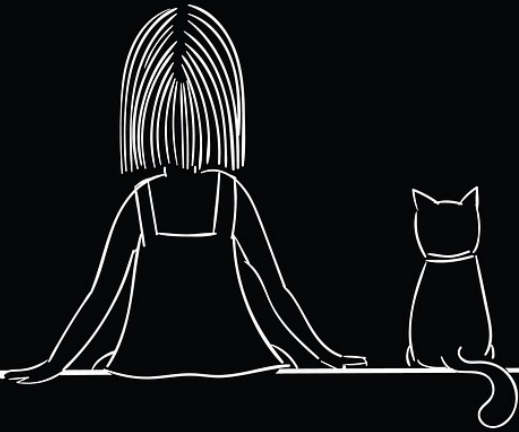
Remember on good times with appreciation.

Appreciate the times when you were happy.

Recollect good feelings and let them fill your heart again.

Harken back to past joys with gratitude.





Engage

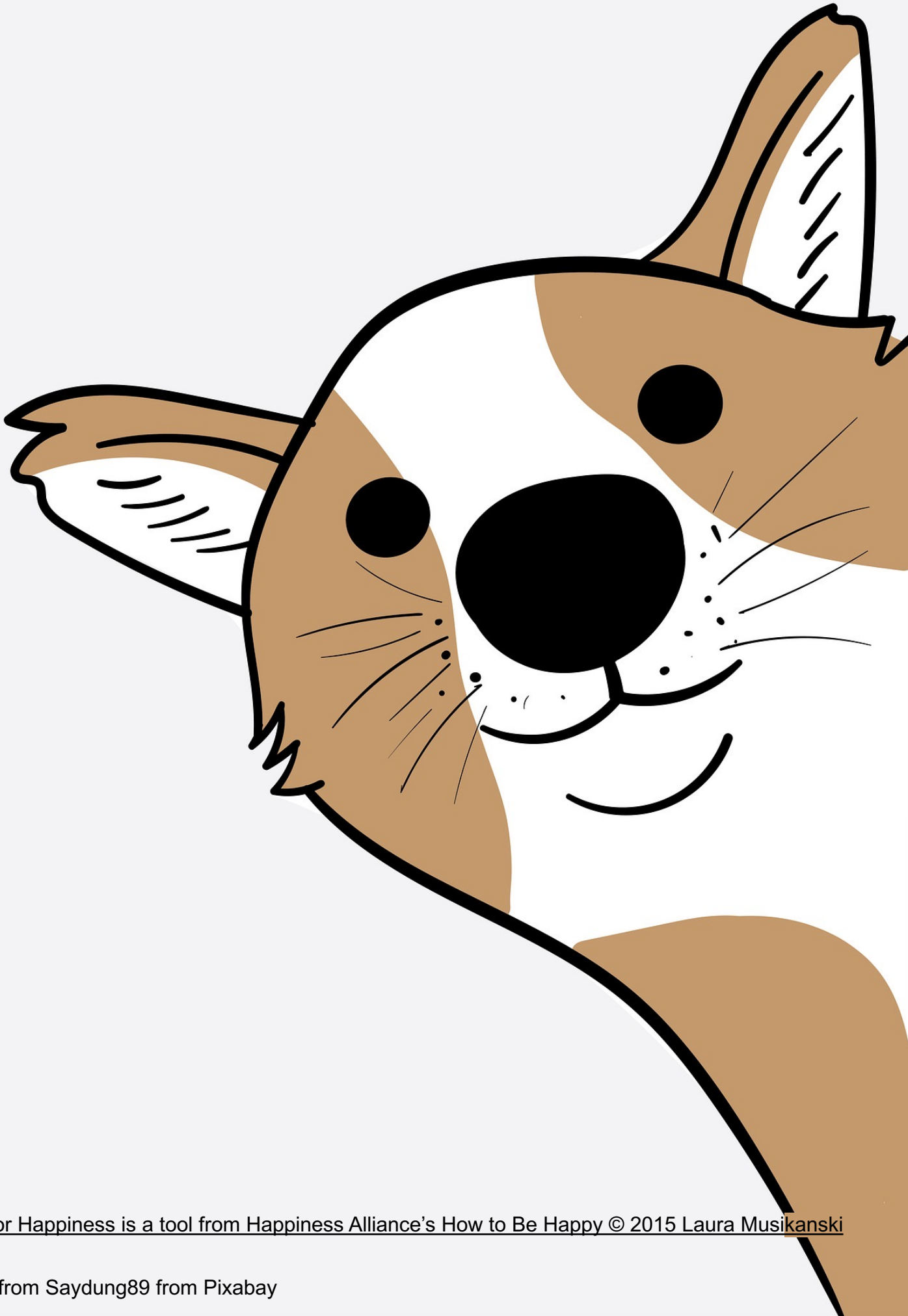
Set an intention to fully live your life and be happy.

Learn from what makes you happy.

Go towards what makes you happy and away from what brings you misery.

Live each day as if it were your last, giving and getting as much meaningful happiness as you can.





HERE for Happiness is a tool from Happiness Alliance's How to Be Happy © 2015 Laura Musikanski

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