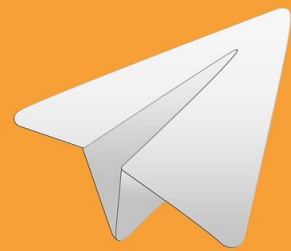


10 Signposts for Happiness




Happiness
Alliance

Move
towards
what
makes
you
happy.

Move
Away
from
makes
you
unhappy.



Be Nice.
Be nice to yourself
and to others.





Talk
about your feelings

**with someone who listens
without judgement and
with kindness.**



Be Kind.

**Do something kind for
someone else
as often as you can.**

Reflect.

Spend time in
contemplation, especially
when things are tough.



Restraint.

When you are not feeling good, practice restraint



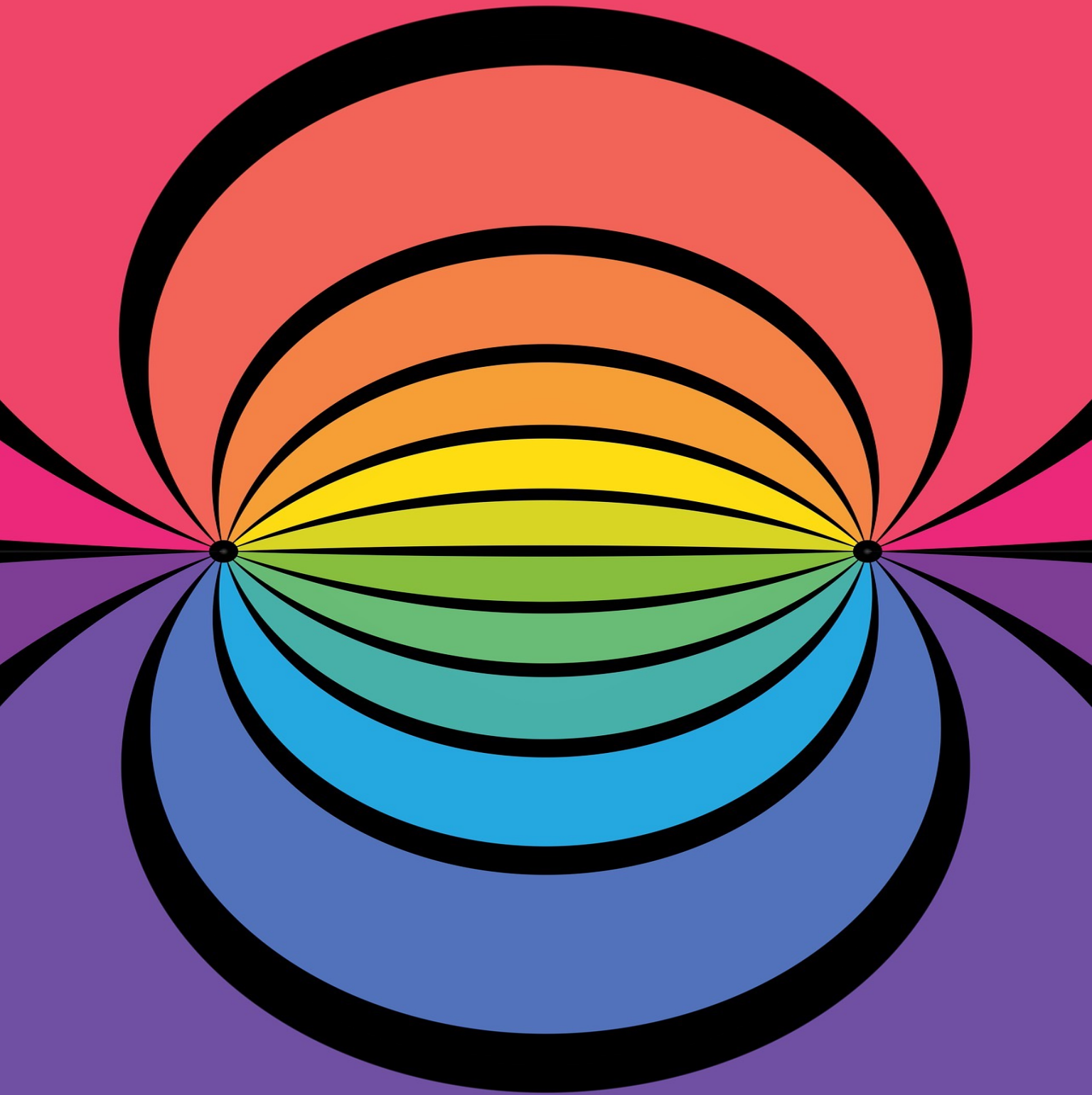
Relax Time.

Get at least 8 hours of sleep
a night.

Give yourself two to three
hours a day for pure leisure.



Sing.



Listen to music and sing with others
or sing all by yourself in the shower,
car or anywhere else!



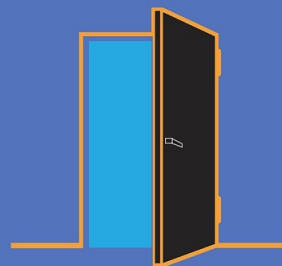
Dance.

**Dance with others in a
class, a club, concert or
celebration.**

**Or put on music and
dance in your in your
kitchen, or living room, or
anywhere!**

Novelty.

Do something novel
once a week.
Even small things count,
like driving somewhere
a new way.



Together.



Spend time regularly with
the people you love who
treat you nicely.

**We can live in an
ecologically
sustainable world
where all people
have equal
opportunity for
happiness.**



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.