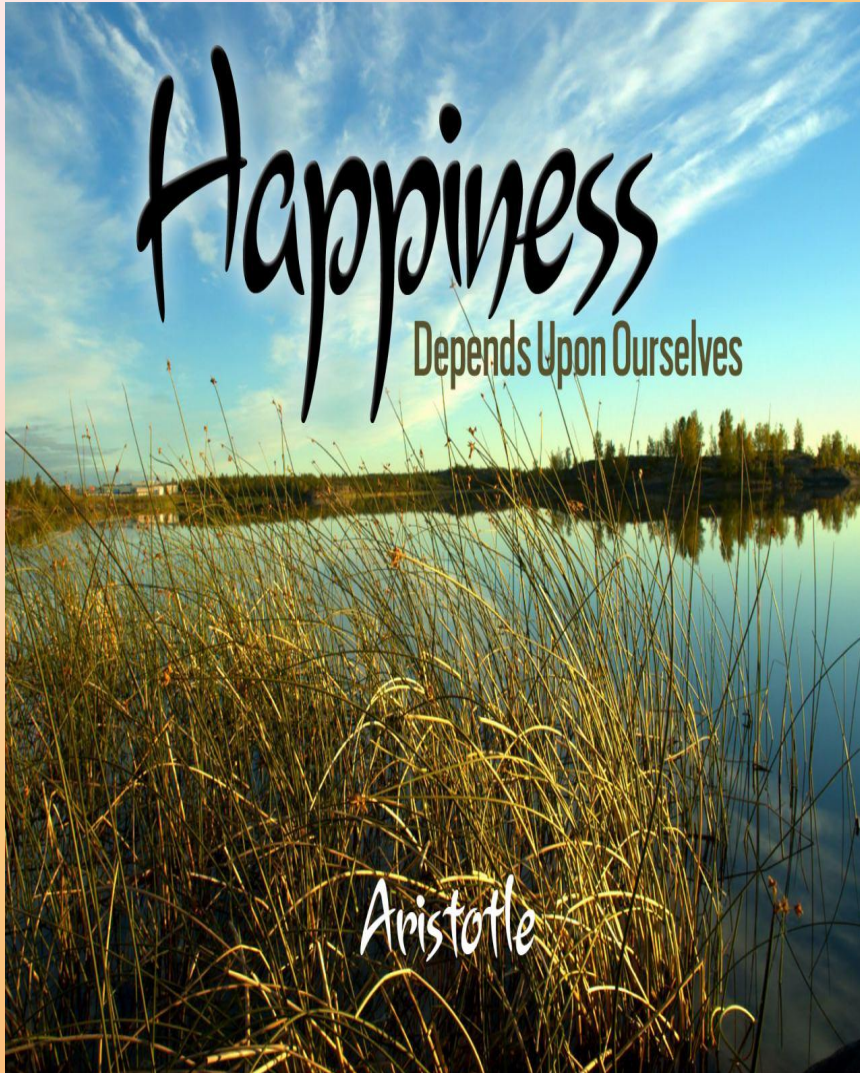




# What is happiness ?



# What is unhappiness?

I am in charge of how I feel.



Today I choose happiness.

# At what age are people the happiest? Why?



**Can you name three things that make you happy?**

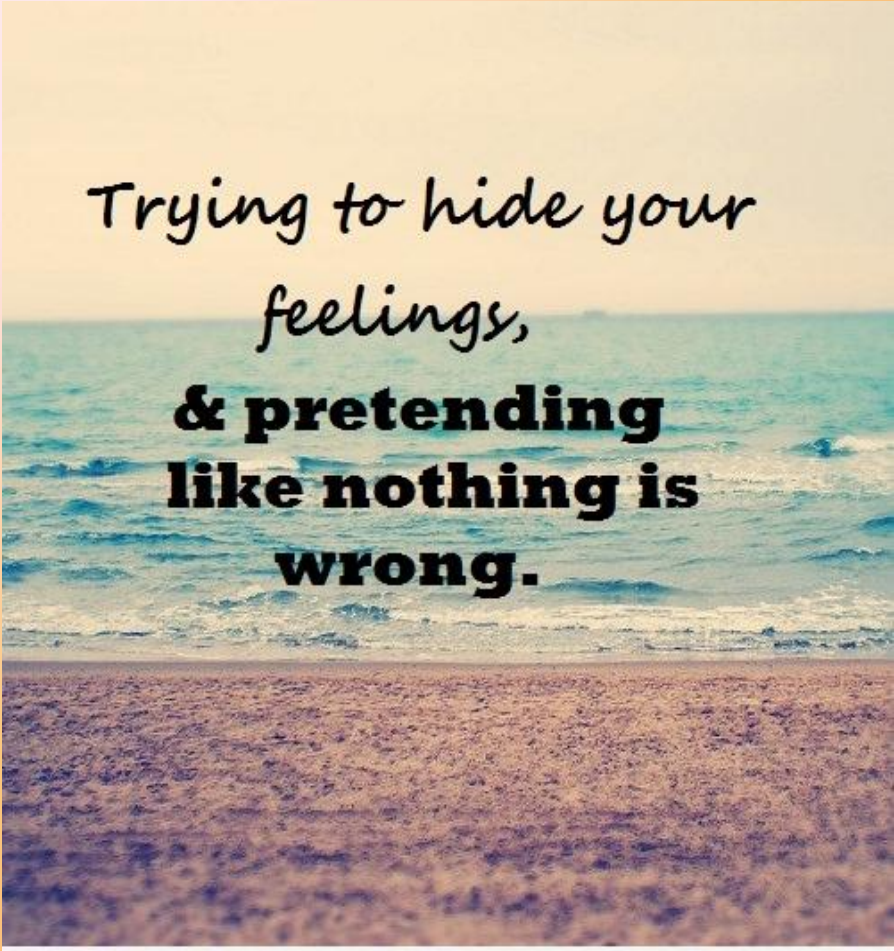
**2 THINGS:**

**If it makes you  
happy, do it.**

**If it doesn't, then  
don't.**



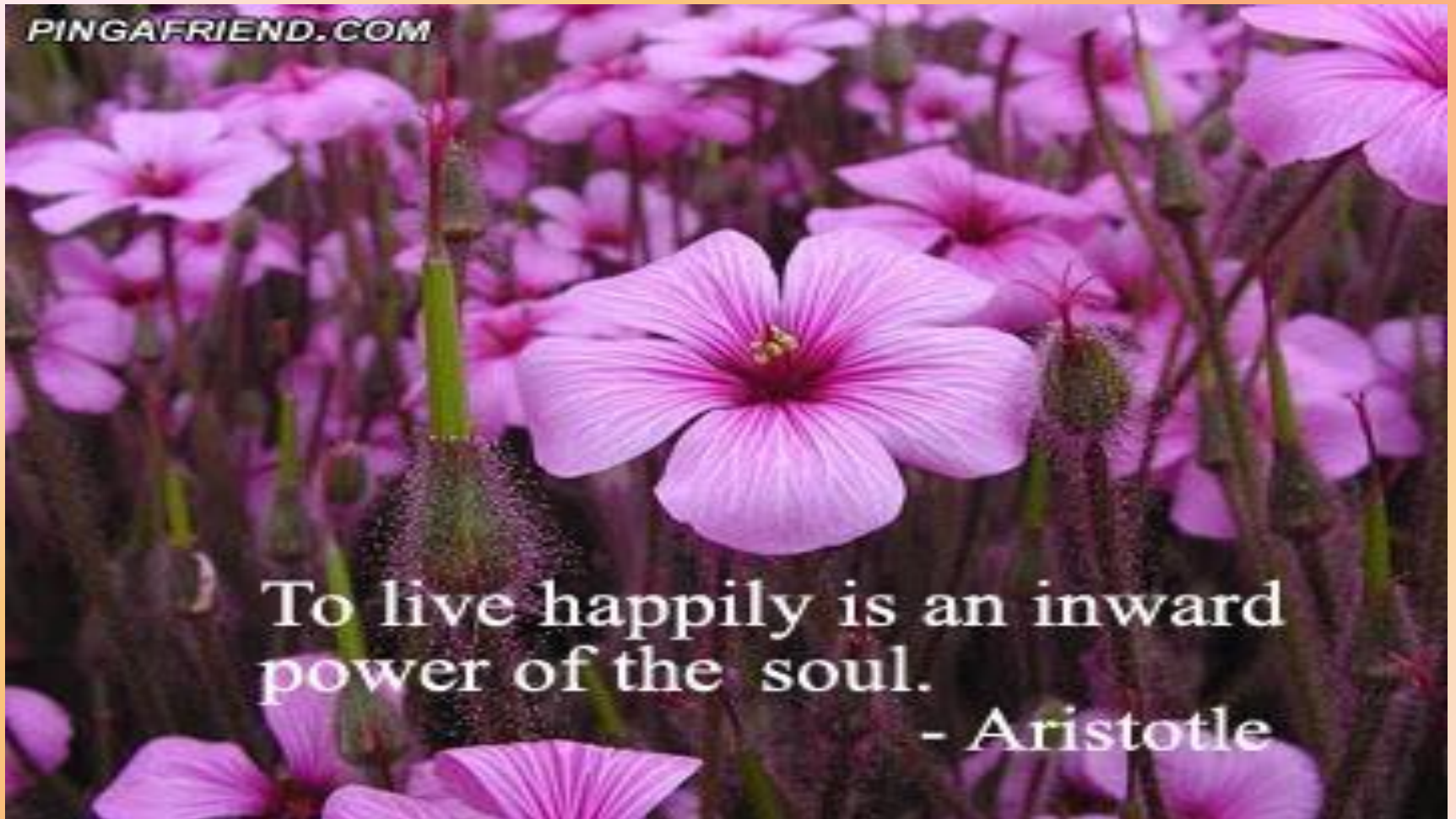
Can you name three things that  
make you unhappy?



Trying to hide your  
feelings,  
**& pretending  
like nothing is  
wrong.**



Do you think that happiness is inside you or does it depend on external things?



Do you believe that money can buy happiness?



More Money  
=  
More Happiness?

**Is there a secret to happiness?**



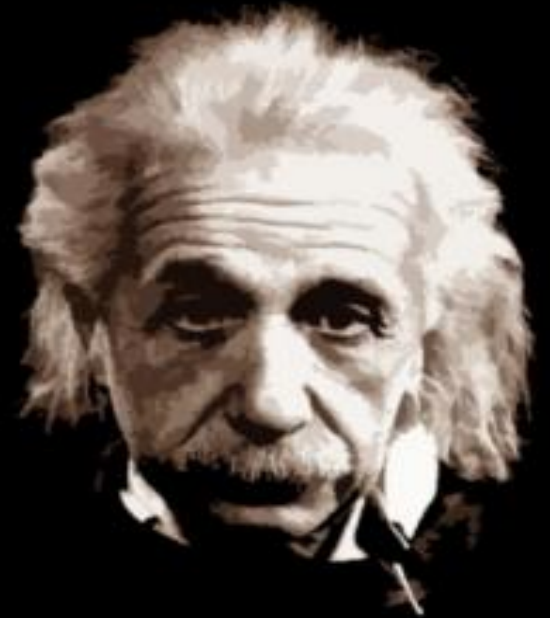
Having someone to love brings happiness.  
What is your opinion?



How far do you agree with that?

“If you want to live a  
happy life, tie it to a  
goal, not to people or  
objects.”

-Albert Einstein



**Nobody can make you happier than yourself. Does that sound selfish?**



**Spirituality leads to peace of heart and happiness. What is your opinion?**



## **The ABC of happiness**

**A** - Aspire to reach your potential.

**B** - Believe in yourself.

**C** - Create a good life.

**D** - Dream about what you might become.

**E** - Exercise frequently.

**F** - Forgive honest mistakes.

**G** - Glorify the creative spirit.

**H** - Humor yourself and others.

**I** - Imagine great things.

**J** - Joyfully live each day.

**K** - Kindly help others.

**L** - Love one another.

**M** - Meditate daily.

**N** - Nurture the environment.

**O** - Organize for harmonious action.

**P** - Praise performance well done.

**Q** - Question most things.

**R** - Regulate your own behaviour.

**S** - Smile often.

**T** - Think rationally.

**U** - Understand yourself.

**V** - Value life.

**W** - Work for the common good.

**X** - X-ray and carefully examine problems.

**Y** - Yearn to improve.

**Z** - Zestfully pursue happiness.

Thank you!

The image features the words "Thank you!" in a highly decorative, hand-drawn style. The letters are thick and outlined in black. The word "Thank" is positioned above "you!". The letter 'T' is yellow with a red vertical line and a wavy pattern. The 'h' is orange with a red wavy line. The 'a' is green with a black dotted pattern. The 'n' is purple with a red wavy line. The 'k' is orange with a red wavy line. The word "you!" is below it. The 'y' is green with a black dotted pattern. The 'o' is pink with a black dotted pattern. The 'u' is blue with a black dotted pattern. The exclamation point is blue with a green dot. There are several flowers: a large pink flower with a yellow center and white dots on its petals is in front of the 'y'. There are three smaller blue flowers with purple centers: one above the 'k', one to the right of the 'k', and one to the left of the 'y'. A small blue flower with a green center is at the bottom right.