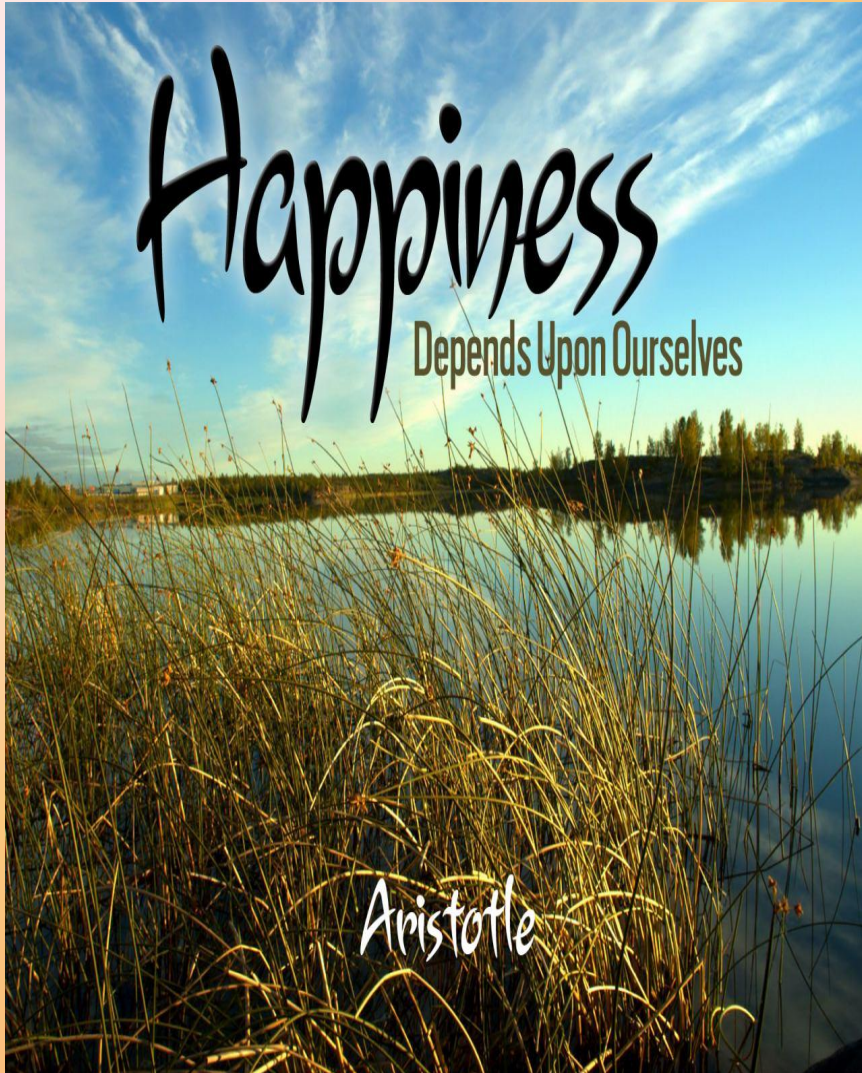




What is happiness ?



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?

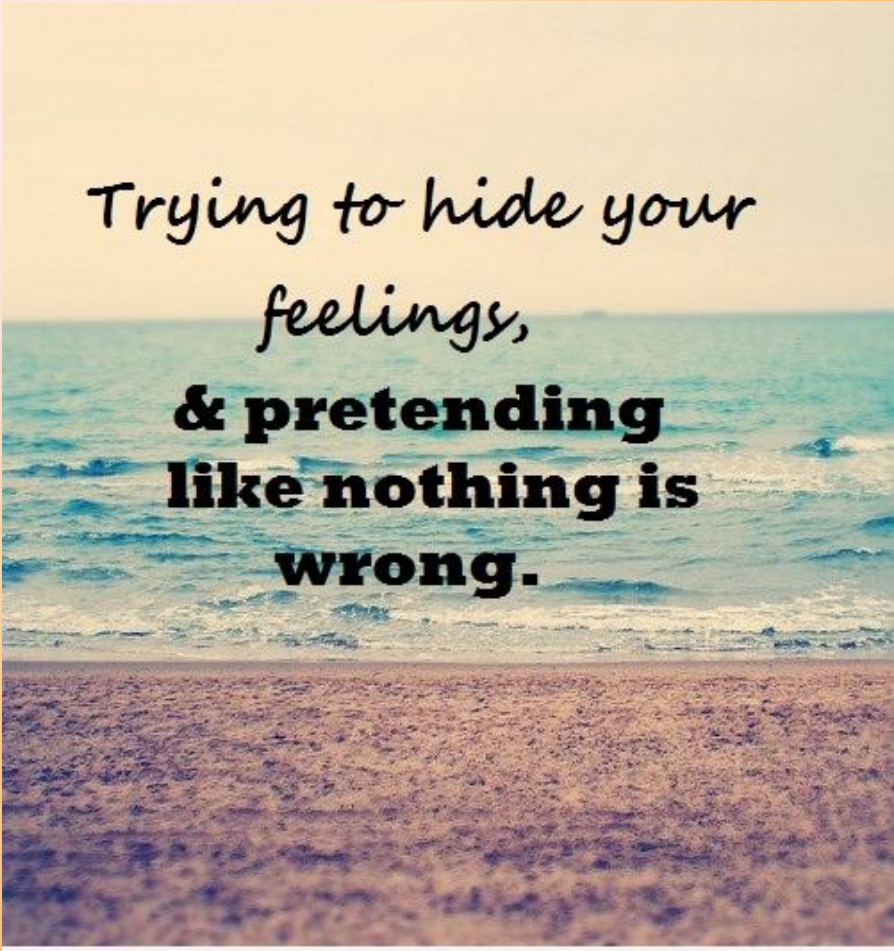
2 THINGS:

**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.**



I'll be ok.
Just not today.

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

PINGAFRIEND.COM

To live happily is an inward
power of the soul.
- Aristotle

Do you believe that money can buy happiness?



More Money
=
More Happiness?

Is there a secret to happiness?

**I LIKE PEOPLE WHO
SMILE WHEN IT'S RAINING**



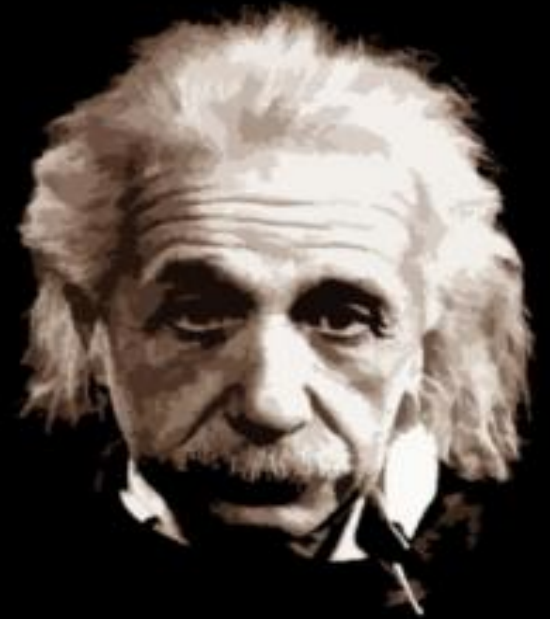
Having someone to love brings happiness.
What is your opinion?



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!