The Six Steps to Happiness

• Choose Happy
  Make it a positive choice & find inspiration to support you

• Be Happy
  Know your strengths & values, and stick to them

• Celebrate Happy
  Practice Gratitude & reinforce your new happiness habits

• Reflect Happy
  Journaling for beginners and experts alike

• Mindful Happy
  Create a space for calm in your busy life

• Share Happy
  Create a happier place & make those around you happy too