

UN INTERNATIONAL DAY OF HAPPINESS 20 MARCH

HAPPINESS ACTIONS - 5 THINGS TO DO AT HOME

- 1** Tell your partner and/or children what you believe is going well (rather than focus on what's not going so well).
- 2** Spend just 5-10 minutes tidying up that drawer or cupboard you've been meaning to organise for a while now!
- 3** Tell your partner and/or children how much you love and appreciate them (and why!).
- 4** Enjoy the evening meal together (without any phones or devices!).
- 5** Instead of automatically and mindlessly switching on the TV, play a game like cards or charades.

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