



What Makes You Happy?

HAPPY GROUPS

Instructional Page

1. Buy the Books
 - Buy and gift to one another to Share the Happy!
2. Gather Your Group
 - Hold a Happy Group!
 - Choose to do it once or even monthly together to find the gratitude in life.
3. Read The Book
 - Optional - Read some of the things in the book if you wish and share your favorites.
4. Make Your Own Lasts!
 - List 2 - 20 things in life that you appreciate in your life today.
 - If doing with family or a monthly group, pick a year in your life and look back at the things you enjoyed about that year. This can bring up memories and help people get to know one another better.
 - For kids. Make a Happy Board in your home or classroom and name a few things a day to keep the happy going!
5. Share Your Lists
 - Connect. Share the things on your list with each other. Share the memories. Share the feelings. Share the experiences of your life. Create a legacy. Build resiliency by finding What Makes You Happy!

It's the simple things in life that make life full. If we can find and truly appreciate those little things, it can help us get through all the challenges in life, no matter what age!
