

Top 10 Things You Should Know About... **CREATING HAPPINESS EVERYDAY**

- 1.** Being happy is a choice.
- 2.** External conditions (people, situations etc.) don't have *any* power to affect you unless you let them.
- 3.** You can choose whether something bothers you or not.
- 4.** Blaming others or a situation for your unhappiness isn't the solution. **YOU** are the solution.
- 5.** You are responsible for the way you feel – only you.
- 6.** You can find a 'silver lining' in just about every difficult situation.
- 7.** Finding happiness every day will bring you closer to all the things you want in your life.
- 8.** You can decide to feel better **NOW**.
- 9.** Choose to focus on something that makes you feel good **NOW**.
- 10.** Feeling appreciation and gratitude every day will help you create a happier life.

You can take control of your life and start feeling better today. Talk to your Case Coordinator about what workshops can help you create the happiness you deserve.

