

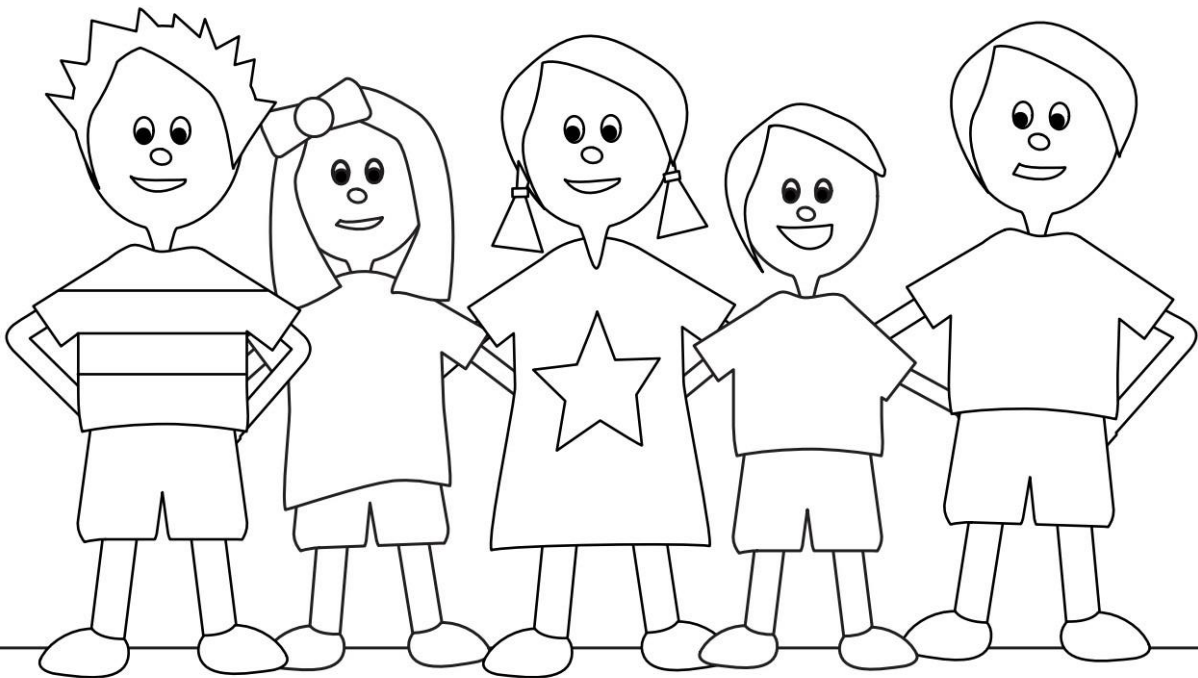
TUMTUM LAND



KEYS TO HAPPIER LIVING

Meaning

Be part of something bigger



Together we can help
to make the world
a better place

ACTION FOR HAPPINESS

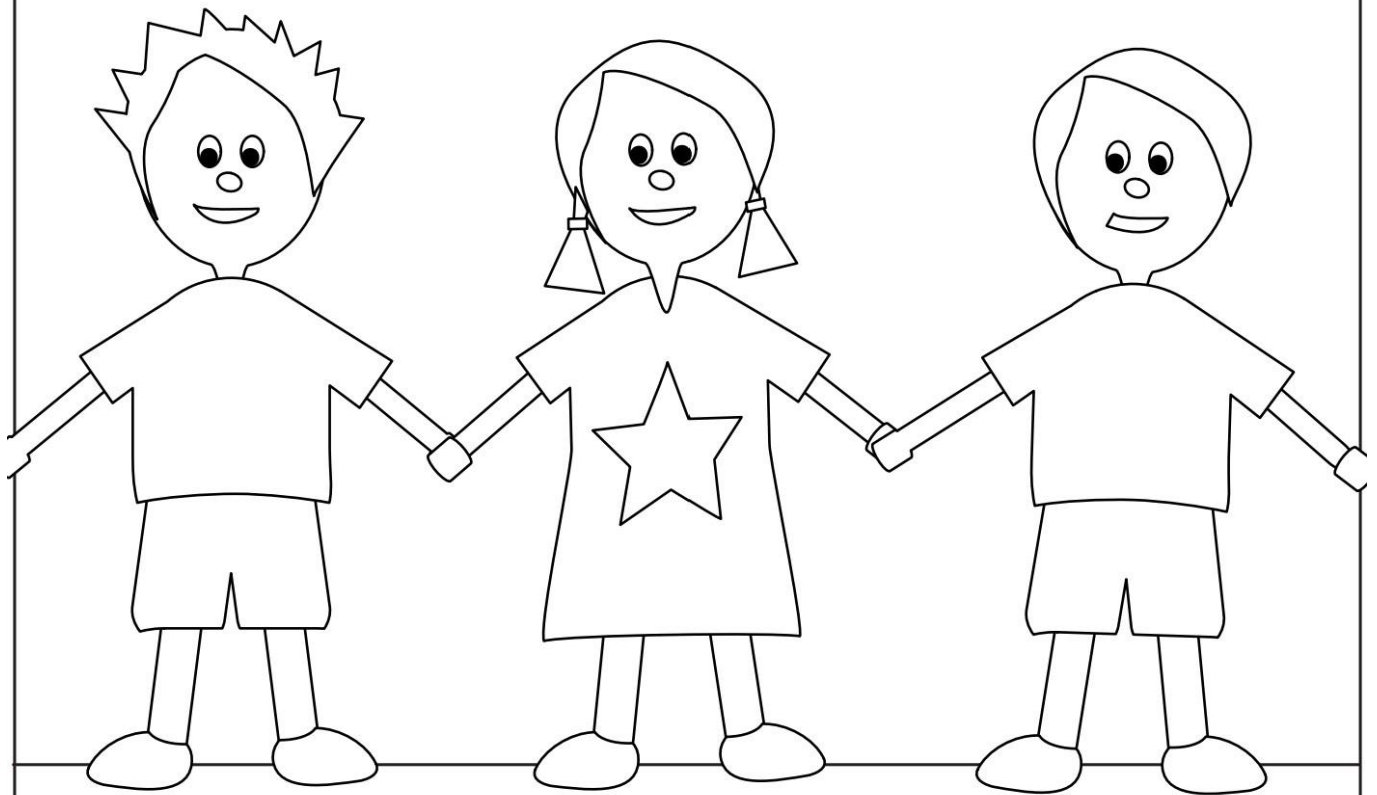
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KEYS TO HAPPIER LIVING

Acceptance

Be comfortable with who you are

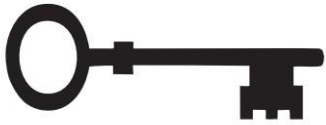


We are all different and
this is what makes us special

ACTION FOR HAPPINESS



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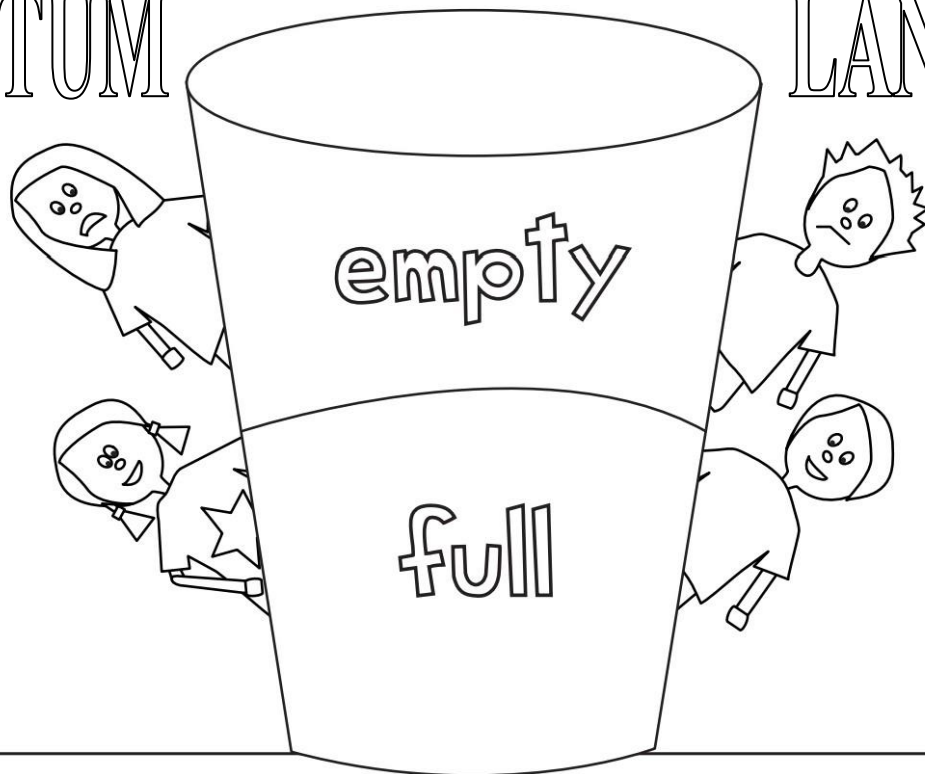
KEYS TO HAPPIER LIVING

Emotions

Look for what's good

TUMTUM

LAND

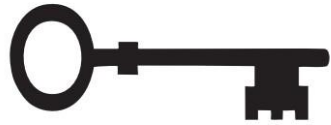


See the glass half full
rather than half empty

ACTION FOR HAPPINESS



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KEYS TO HAPPIER LIVING

Resilience

Find ways to bounce back

BOUNCE
BACK ABILITY



If you can't change it,
change how you
think about it

ACTION FOR HAPPINESS

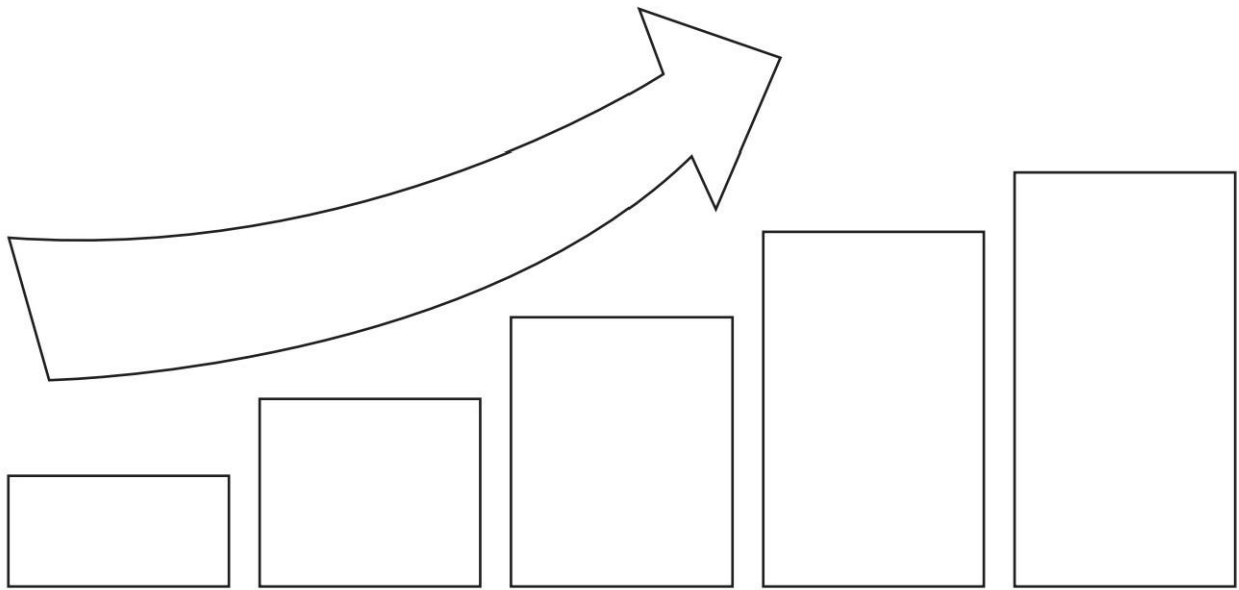
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KEYS TO HAPPIER LIVING

Direction

Have goals to look forward to



Set a goal and take
the first step to
make it happen

ACTION FOR HAPPINESS

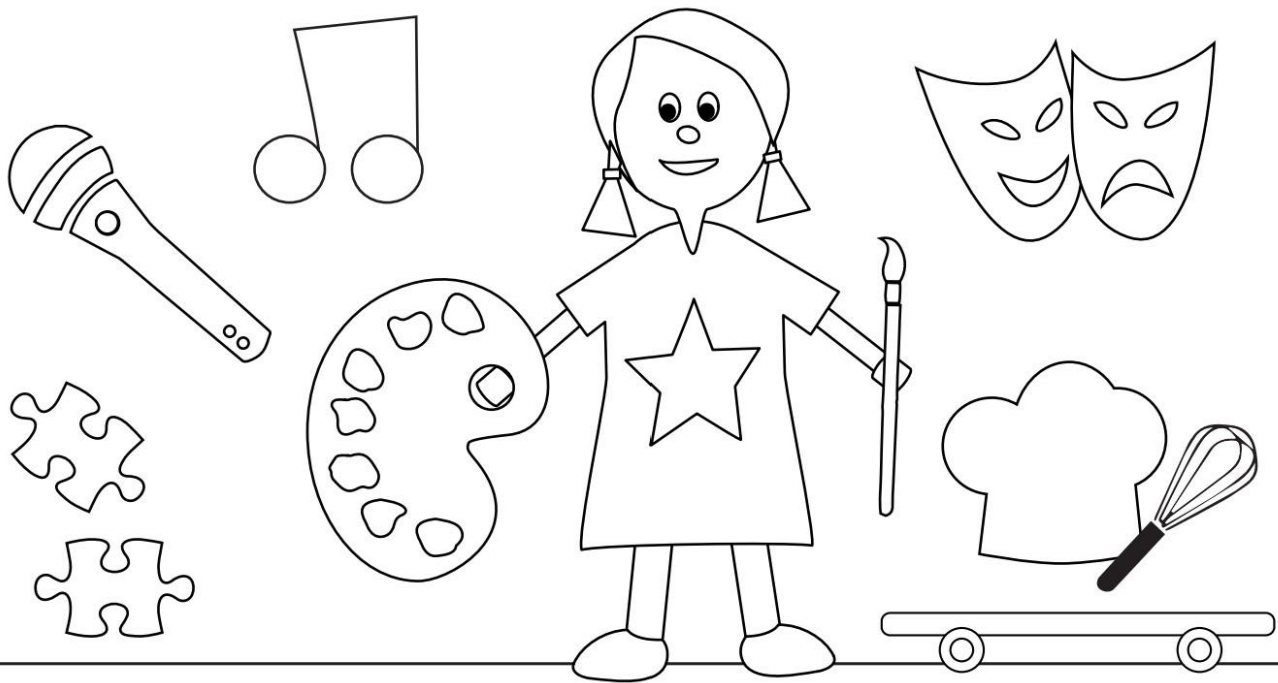
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KEYS TO HAPPIER LIVING

Trying Out

Keep learning new things



Life is more fun when
we try new things

ACTION FOR HAPPINESS



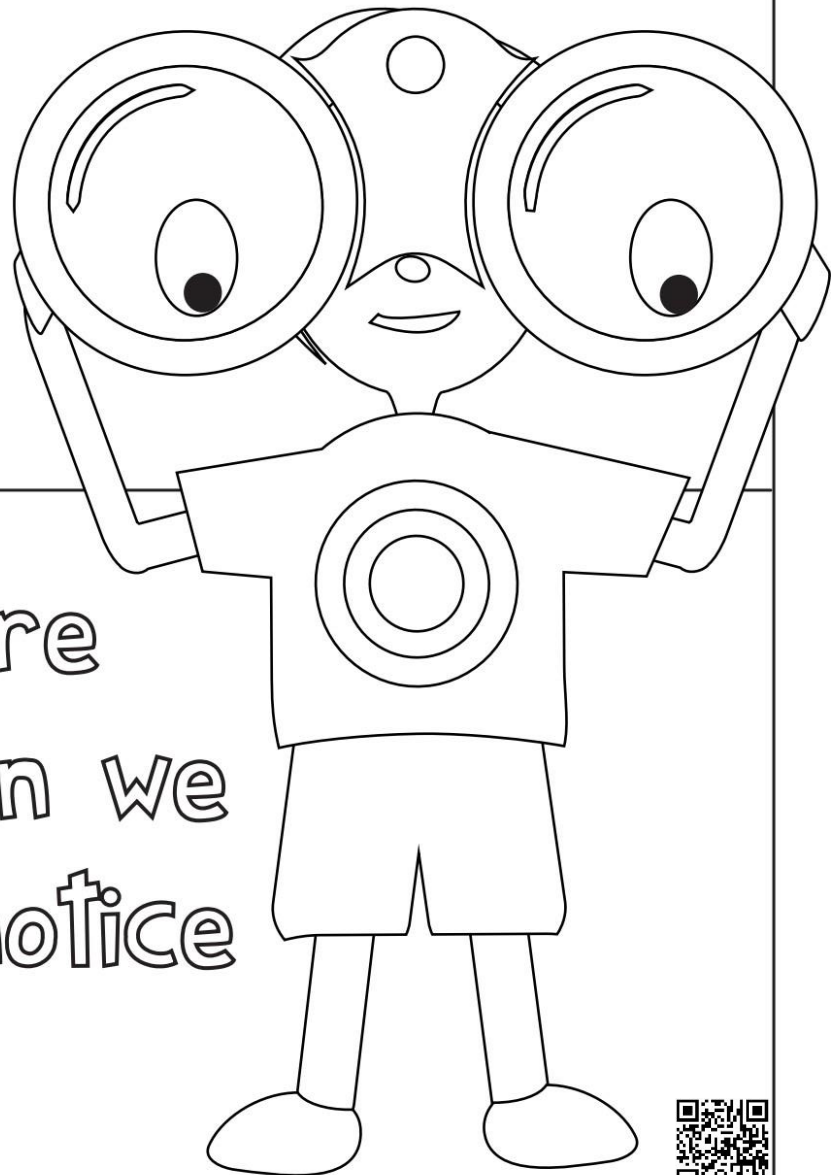
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KEYS TO HAPPIER LIVING

Awareness

Live life mindfully



There's more
to life when we
stop and notice

ACTION FOR HAPPINESS



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KEYS TO HAPPIER LIVING

Exercising

Take care of your body



Be active
Relax
Rest

ACTION FOR HAPPINESS

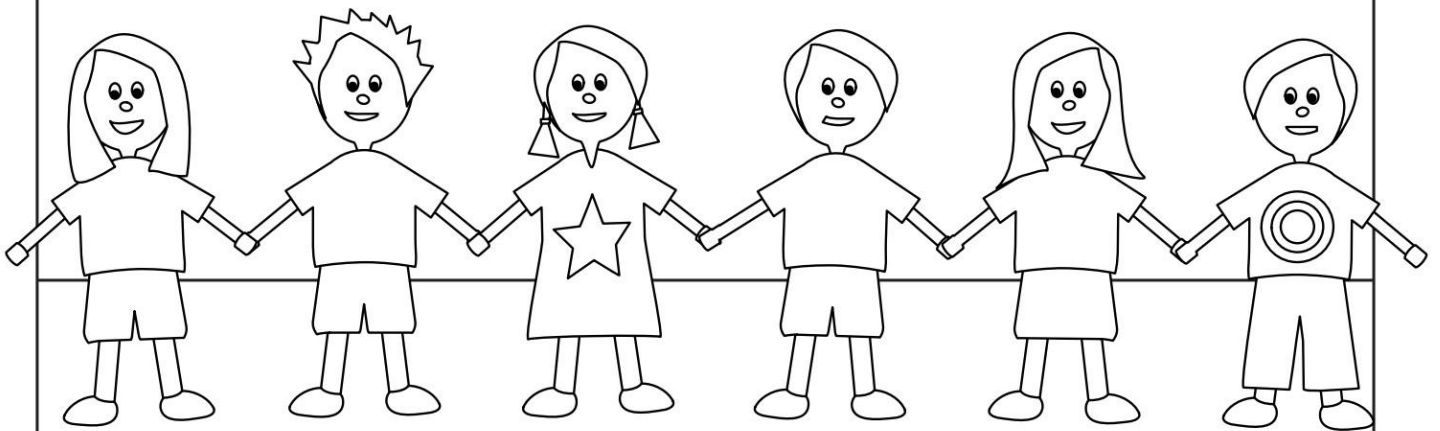
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KEYS TO HAPPIER LIVING

Relating

Connect with people



When we're together
it feels better

ACTION FOR HAPPINESS

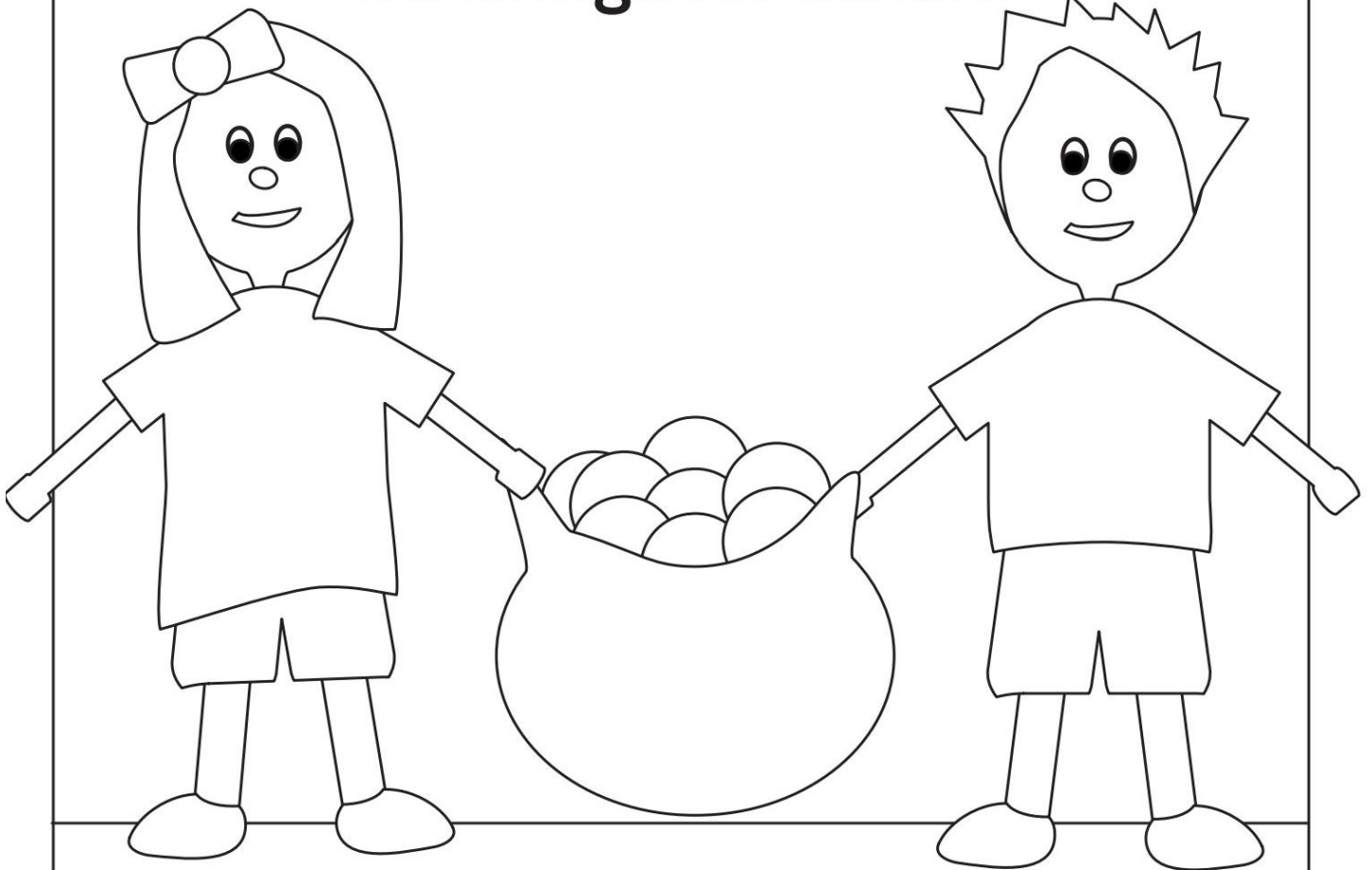
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KEYS TO HAPPIER LIVING

Giving

Do things for others



Doing good feels good

ACTION FOR HAPPINESS

