



# Happiness Hides in Little Things

## Objectives

The important is the here and now. Our well-being is made up of the hundred little things that happen every day. It's always our decision how we wish to live through them. Explore the little treasures that came to you today.

## Pause

Take a pause from your thoughts and think about your day. Close your eyes and listen to your favourite song.

## Expanding

Choose three cards and place them on the chart. Answer each question in relation to the photo and text on each card.

## Focus and action

In the end we can decide how we want to live the present moment. So write down your main insights. Next write down three actions that will allow you celebrate the little treasures of life - one for today, one for next week and one for the upcoming month.

## [ 2 ] Why am I grateful for it?

My Card:

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## [ 1 ] What was my special moment today?

My Card:

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## [ 3 ] What would I do differently?

My Card:

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