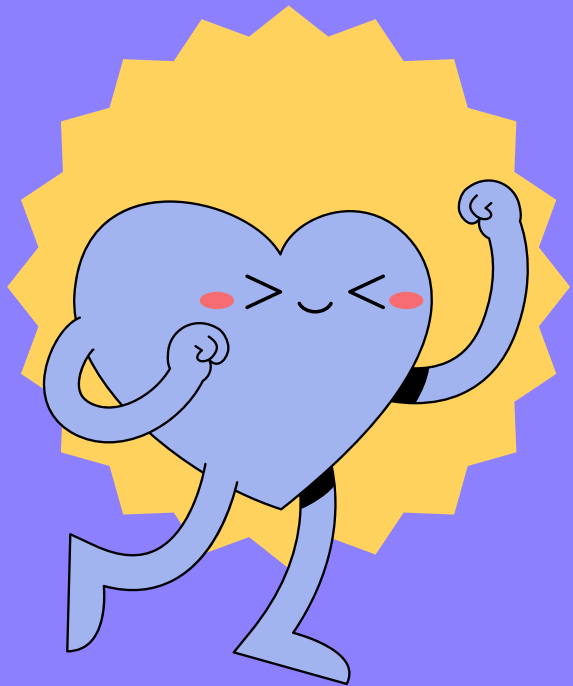
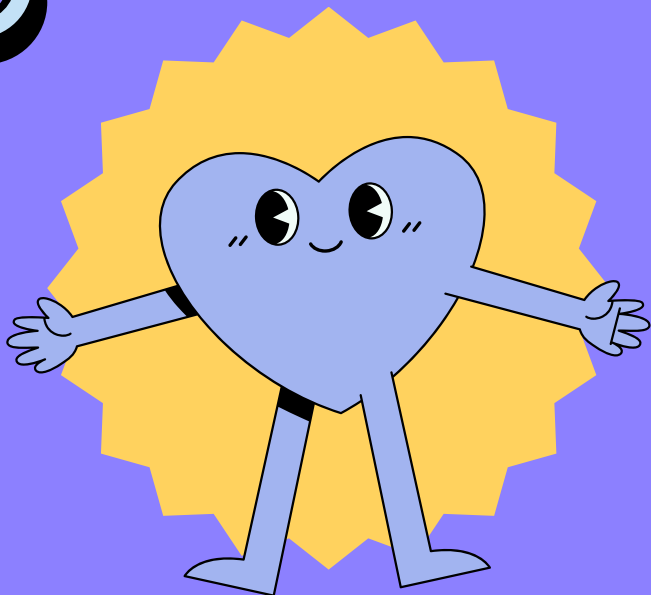


# HOW TO FIND HAPPINESS



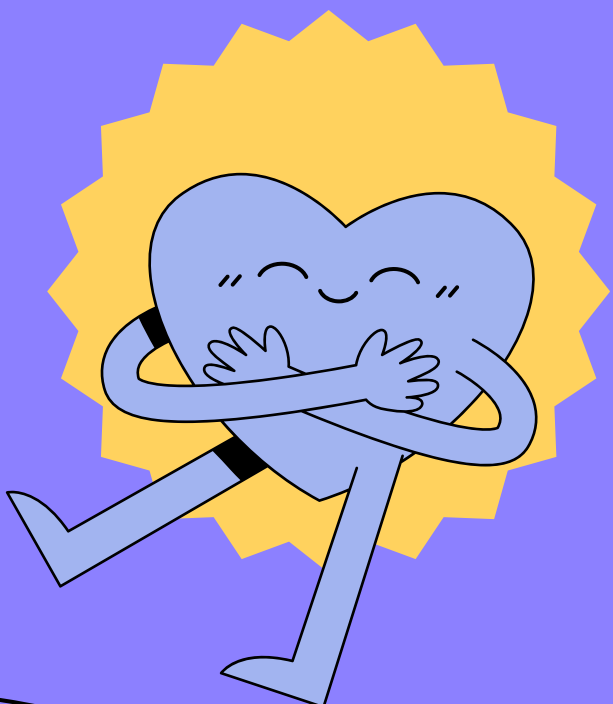
## STOP CHASING HAPPINESS

THIS PRACTICE MAKES HAPPINESS A REWARD,  
RATHER THAN AN EMOTION THAT IS DESERVED  
TO BE FELT ON A DAY-TO-DAY BASIS



## BUILD YOUR SELF ESTEEM

OFTEN, INTERNAL PROBLEMS CAN REDUCE SELF-  
ESTEEM, SO IT MAY BE WORTH SPENDING SOME  
TIME LOOKING AFTER YOURSELF.



## TAKE TIME TO APPRECIATE YOURSELF

THE FINAL STEP IS TO TAKE TIME IN  
APPRECIATING YOURSELF. APPRECIATE YOUR  
WORK, YOUR LIFE, AND YOUR  
ACCOMPLISHMENTS.