



## daily GOOD

Happiness is not a state to arrive at, but a manner of traveling.  
--Margaret Lee Runbeck

### 10 Keys to Happier Living

Happiness matters to all of us. And by focusing our time and energy on things that have been shown to consistently bring happiness, each of us can live rich, rewarding lives. The recently launched project, Action for Happiness, has identified practical actions that anyone can take in their everyday lives -- not only to help boost their own happiness but also to contribute to building better, more positive environments in their families, relationships, workplaces and communities.

### Be The Change:

Experiment this week with some of their 10 Keys to Happier Living.