

8 HACKS

TO LIFELONG
HAPPINESS

ROADMAP

FOUNDATIONAL PRINCIPLE

POSITIVE THINKING

HOW TO BE HAPPY WITH YOUR LIFE REGARDLESS OF CIRCUMSTANCES

HACK #1: SURROUND YOURSELF
WITH GOOD PEOPLE

HACK #2: LEARN
TO SAY NO

HACK #3: MAKE
TIME FOR YOU

HACK #4: GET YOUR
FINANCES UNDER CONTROL

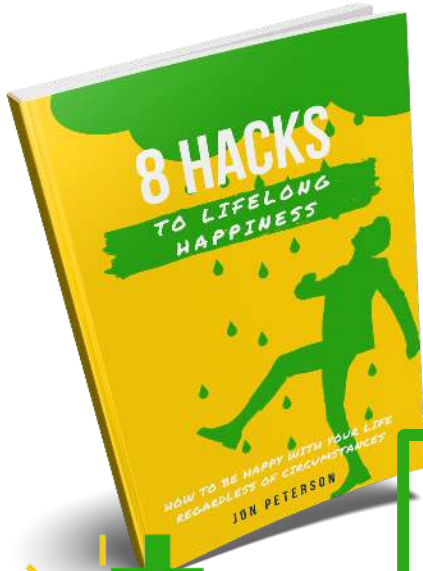
HACK #5: OFFER
FORGIVENESS

HACK #6: STOP COMPARING
YOURSELF TO OTHERS

HACK #7: FACE
YOUR FEARS

HACK #8: MAKE A PLAN
FOR CHANGE

BONUS HACK: TAKE CARE
OF YOUR MIND AND BODY



Are you happy? If you want to be happy in life,
Thinking Positive is paramount!
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