

# 7 Tips to Happiness

---

- 1. GET OUT AND ENJOY NATURE**
- 2. EXPRESS GRATITUDE**
- 3. SERVE AND REACH OUT TO OTHERS**
- 4. TAKE TIME FOR YOURSELF**
- 5. DON'T COMPARE YOURSELF TO OTHERS**
- 6. EXERCISE**
- 7. PAUSE LIFE TO TAKE A DEEP BREATH**

