

# Becoming a Happy & Positive YOU



**Source: [Thrive.org.sg](https://thrive.org.sg)**

Check out the above website for more information about being HAPPY!



**LAUGH & SMILE**

**as much as possible**



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# EXERCISE



# EAT HEALTHY



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Engage in

# ENJOYABLE ACTIVITIES



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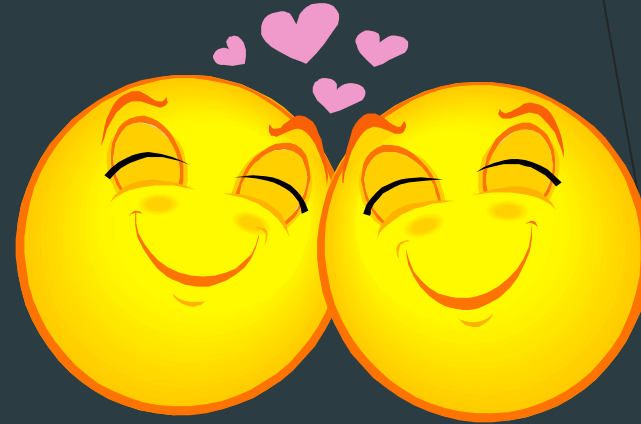
Get enough **SLEEP**  
every night



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Love your **FAMILY**



Make

**FRIENDS**

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Be **KIND**

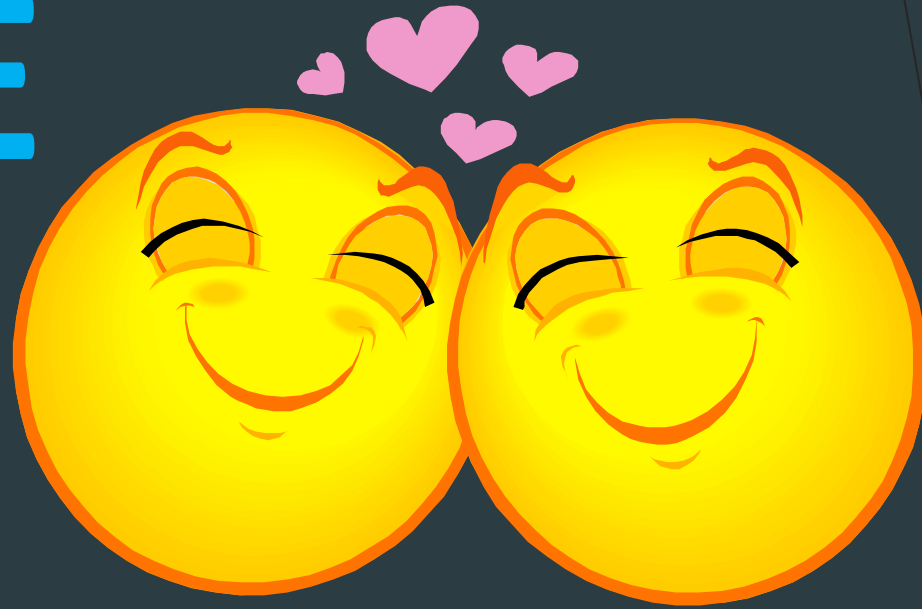
to yourself & others



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# FORGIVE



## Don't hold grudges

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# Remember

# 3 Good Things

# Everyday



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Be **HOPEFUL**



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