

# Make “be happier” a goal

Happiness is contagious. If you are happy, tell someone. Listen to reasons others are happy, too.

- Schedule fun and relaxing times with family and friends.
- Find your passion in life. Every day, week, or month, do something you enjoy and look forward to.
- Find satisfaction in using your talents.
- Try a new hobby. Take a class in something that interests you.

