

Happiness

We were 18% less depressed than we are now

We were told that

→ hard work = success = happiness

But, Research shows that **happiness is a precursor to success**



Neuroscience proves that we are hardwired to perform at our best when we are happy

Studies show that **happy, positive, optimistic** people

Earn higher incomes

Set and achieve more aggressive goals

Experience less stress

Remain calm in high pressure situations

Are more energetic

Recover from illness faster &

Live Longer

Happiness is serious business

When we **engage in real life positive relationships**,



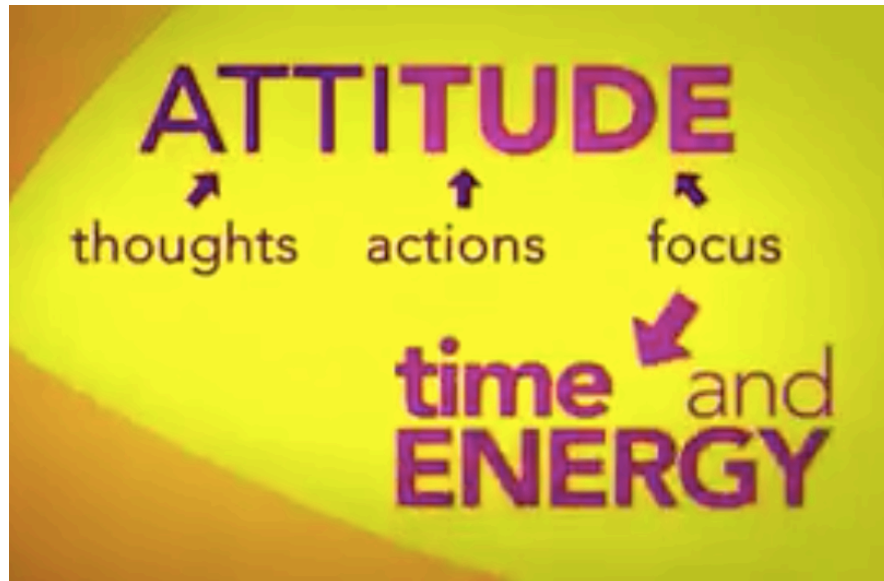
Our body releases chemicals that actually
help reduce anxiety



increase concentration and focus



How you feel and your attitude towards life stems from your thoughts, actions and where you focus your time and energy

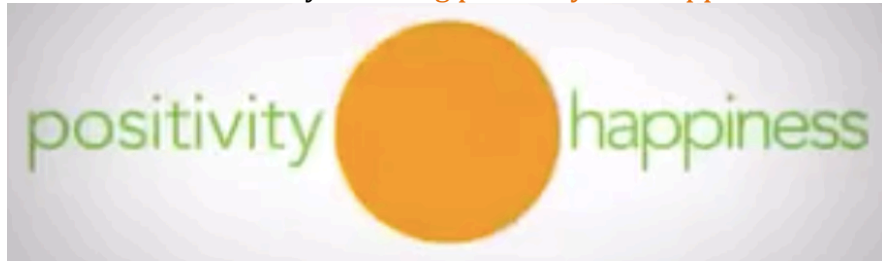


Yet we are constantly surrounded by negativity!

If we want things to change, we have to create the change



And we start by choosing positivity and happiness



Just imagine the possibilities if there were more happy and positive people in this world

A world with more peace, optimism, and compassion is possible

It's like a pebble thrown into a pond,



it only takes one to create the ripple effect of happiness

Happiness is so contagious and infectious that ONE positive person can spread happiness to more than 1000 people



All that it takes to **Create Change on a local, regional, state, country, global scale** is **ONE PERSON**



Research shows that just **by spreading happiness, YOU actually become happier**
U can choose happiness and choose to SHARE it
U can be the catalyst to spread it directly and indirectly
Are YOU That ONE?
IT starts with you yet it is bigger than YOU



Happiness is bold
It is courageous audacious challenging
You have the power to choose happiness and spread it

Join the movement
Share the movement
Be the one who makes the difference
And Live Happy

