

# 10

# Steps to Happiness



Listen to  
your heart



Be open to  
change



Take time  
to reflect



Have goals  
to look  
forward to



Find  
purpose



Imagine the  
best



Do things  
you love



Get into  
nature



Take care of  
your body



Getting some  
'me' time

# Ten Steps To Happiness

**Doug Lester, Cheryl Lester**



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