# 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



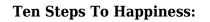
Take care of your body



Getting some 'me' time

### **Ten Steps To Happiness**

**Doug Lester, Cheryl Lester** 



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