10 Signposts for Happiness
Move towards what makes you happy.

Move Away from what makes you unhappy.
Be Nice.
Be nice to yourself and to others.
Talk about your feelings with someone who listens without judgement and with kindness.
Be Kind.

Do something kind for someone else as often as you can.
Reflect.
Spend time in contemplation, especially when things are tough.
Restraint.
When you are not feeling good, practice restraint.
Relax Time.
Get at least 8 hours of sleep a night.
Give yourself two to three hours a day for pure leisure.
Sing.

Listen to music and sing with others or sing all by yourself in the shower, car or anywhere else!
Dance. 

Dance with others in a class, a club, concert or celebration. Or put on music and dance in your kitchen, or living room, or anywhere!
Novelty.

Do something novel once a week. Even small things count, like driving somewhere a new way.
Togetherness.

Spend time regularly with the people you love who treat you nicely.
We can live in an ecologically sustainable world where all people have equal opportunity for happiness.
The Happiness Alliance is a nonprofit offering tools, resources and knowledge for a new economic paradigm since 2010.

Join us in making the world a better place for all.