10 Signs You Are Happy

Happiness Alliance
You love yourself

and love the people in your life.
The people in your life are nice to you, and you are nice to them.
You Sleep

at least 8 hours a night with ease.
You get joy out of the simple things in life.
You love nature.
You feel that your contribution to the world is positive and helps others.
When times are tough, and you’re feeling down you know you will get through and be happy again someday.
When nothing is happening, you feel content.
You are grateful for the good people, things and experiences in your life.
In reflection

you feel good about your life.
We can live in an ecologically sustainable world where all people have equal opportunity to be happy.
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.