

Keys to Happier Living Think Sheet

The 10 Keys to Happier Living has a great acronym: GREAT DREAM. As you explore, write those ten ideas down.

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R

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E

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M

Digging Deeper

I picked _____ as my key to happier living. One insight I learned from digging deeper into this area was . . .

Be prepared to share your key and insight with your classmates.

Application

Write down one thing you can do today to increase your happiness and then practice. How did that make you feel?