

decide to be happy

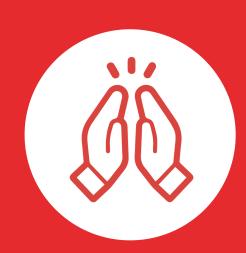
Here are some tips to get you started!



1. Explore what happiness means to you and take steps to make it happen.



2. Make the best of what you have: look for the positives in every situation and in yourself.



3. Express gratitude for what you have, and to those around you.



4. Make a list of self care strategies and practice them often.

