

Dare To Be Happy with Dan Tomasulo, Ph.D

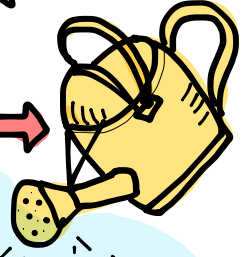
#wakeuphappy

Most people don't know
what is it that makes
them happy.

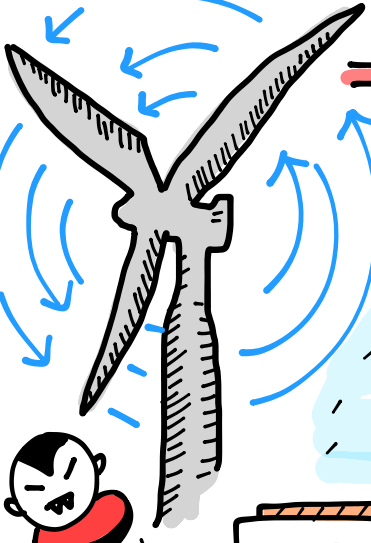


→ Default.

→ Sustainable
Happiness →



Relationships Family
Friends Experiences



- CHOICE → what you think
- CHANGE → how you feel
- CULTIVATE → tools + resilience
- CREATE → for others

live happy