



Secret Skills to Happiness with Stacy Kaiser

I like me!

1. Self Acceptance



- Appearance
- Relationships
- Work
- Health
- Smarts

Kindness. Check it out!

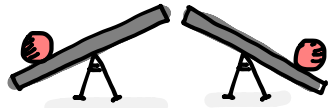
2. Give back



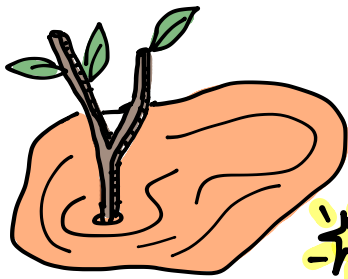
How AM I GOOD AT...?
WHAT DO I LIKE ABOUT...?

When you shift the focus, you shift the energy.

3. Grateful



There is nothing that happiness doesn't power.



4. Resilience



Recognize when you feel stuck.
Reach out to your network.

live happy