



Let happiness make a positive impact on your bottom line.

On March 20, the world will celebrate International Day of Happiness. We want to help provide the tools for businesses to create their own celebrations leading up to this special day. Great companies don't think of happy employees as a luxury but as an indispensable competitive advantage.

Fact: Happy employees are 12 percent more productive than the average, while unhappy employees were 10 percent less productive.

Happier Employees Make Business Better by:

- Bringing their best selves to work every day.
- Making better decisions.
- Producing fresh ideas.
- Being more engaged at work.
- Earning 30% more income than their less cheerful counterparts.
- Receiving more pay raises.

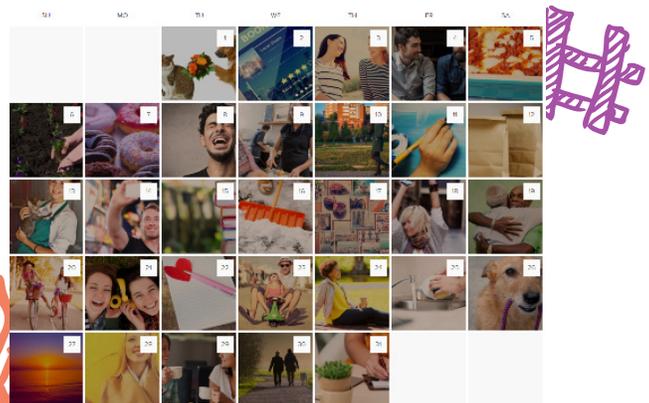
How can I bring the International Day of Happiness to my workplace?

First, start by checking with any supervisors or executives that may be required to provide approval. You can even share this guide with them and help them understand the importance of happiness in the workplace. Then decide if you want to host a Happiness Wall or join in a 31-day #HappyActs Campaign. This is a fun, easy way to focus on positive traits, engage coworkers in a fun activity and become part of the global movement.

Host a Wall on March 20th -OR- Host a #HappyActs Campaign

Celebrate International Day of Happiness!

Fun activities for the entire month!



How to Host a Happiness Wall

A happiness wall is a place full of fun and camaraderie. Employees will place cards on the walls after they complete the sentence "I will share happiness by..."

Step 1: Find a perfect spot & start decorating.

A blank wall. A clean whiteboard. A wall in the break room. Any of these places would work well for your #HappyActs Wall. Write "I will share happiness by..." in big letters at the top of your wall. Get some colorful paper (orange is our favorite), use Live Happy logo stickers and Happy Acts stickers (available in Live Happy wall kits pictured at right) to decorate your board.

Step 2: Gather supplies.

You can gather your own supplies or order a Live Happy wall kit (pictured to the right) at store.livehappy.com. Each wall kit includes stickers, wall cards, bracelets and more for your happiness wall.

Step 3: Start sharing!

Break the ice and post your own #HappyActs card on the wall. Then remember to take a photo of it and share it on social media using #HappyActs!



How to Host a #HappyActs Campaign

Invite employees to join in fun activities throughout the month of March.

Visit happyacts.org/calendar for a list of daily activities, or use some of these ideas below to get your office involved.

- Write an anonymous note to a coworker complementing them.
- Bring in breakfast and challenge others to do the same.
- Invite the office to donate canned goods to a food pantry.
- Organize an afternoon event where you all give back to the community.
- Invite a person to lunch that you don't normally hang out with..



We hope you and your business will join us this March for International Day of Happiness and #HappyActs, as we acknowledge and celebrate the importance of happiness, health and well-being in cities across the country.



Let us know you're participating by visiting happyacts.org/welcome.

Want to learn more about bringing happiness to your workplace?

We develop content, tools and training programs designed to boost happiness in the workplace. Visit livehappy.com/atwork to learn more or contact us by email at HappyWork@LiveHappy.com.