



Celebrate the United Nations' International Day of Happiness on March 20 Create a Happiness Wall in Your Community!

On Friday, March 20th, countries all across the world will celebrate the International Day of Happiness. This global celebration will unite communities such as yours through the thoughtfulness of a smile.

What is the International Day of Happiness?

The United Nations declared March 20, 2013, as the first ever International Day of Happiness. This year involvement will span not just individuals, but businesses, civic causes, schools, universities, even entire governments. And, we hope, the community or communities in which you share your life.



UN Secretary-General Ban Ki-moon explained on last year's day of happiness, "Happiness may have different meanings for different people. But we can all agree that it means working to end conflict, poverty and other unfortunate conditions in which so many of our fellow human beings live."

Happiness is a goal for all people, of all ages, of all backgrounds, all over the world. And it can be found in companies and businesses communities of all sizes..

Take photos and share them on Facebook, Twitter or Instagram using #happyacts.

Which of your communities could benefit from happiness?

A community is a grouping of people with common interests, similar backgrounds, like-minded goals, even demographics such as age, nationality or beliefs.

There's a community where you live, work and play. There are also the communities of worship, civic involvement, educational institutions, even our own family functions.

By building a Happy Acts Wall in your community you can start the spark of happiness and watch it positively impact those around you.

How can I bring the International Day of Happiness to the communities I'm a part of?

First start by checking with anyone who leads the communities you're a part of. Ask if you can share this guide with them and help them understand the importance of happiness in the workplace.

Next, for only \$25 order your happiness wall kit at store.livehappy.com. Each Happy Acts kit includes:

- 100 Happy Acts wall cards
- 100 Happy Acts bracelets
- 100 Happy Acts round stickers
- 2 Live Happy logo stickers
- 2 Happy Acts board stickers

Once you receive your Happy Acts wall kit you can easily create a happiness wall for any community you are part of—even multiple communities.

Step 1: Find a perfect spot. A blank wall. A clean whiteboard. A bulletin board. Big or small, there's a spot that will work for a happiness wall.

Step 2: Start decorating. People need to know what your happiness wall is all about! Get some colorful paper (orange is our favorite) and use the Live Happy logo stickers and Happy Acts stickers to decorate your board.

Step 3: Gather supplies for sharing Happy Acts on the wall. Make it easy to share Happy Acts on your wall by keeping supplies handy.

That's it! Now, to encourage others to share their acts (no one wants to be first!), break the ice by adding a few of your own.

#happyacts 

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