



#happyacts 

It's as simple as a hug. A kind word. Helping a neighbor. Holding a door.

Happy Acts are small things—with a big impact. They're everyday, thoughtful expressions that others do for us—and that we intentionally do for others.

So, come on! Make someone's day—and yours—a little brighter.

Why Happiness?

Intentional Happy Acts encourage happier lives. And living happy is not just the right thing to do; it's the smart thing to do for your health, relationships and career success. Overwhelming research proves that your choice to live a happy life impacts your satisfaction with life. It's a self-fulfilling prophecy.

That's why we stand in favor of making Happy Acts an intentional part of our days.

Once you understand the power of happiness, it changes your thinking. You act differently. You interact differently. Happier people lead more satisfied lives. They earn higher incomes. They process stress differently. They rebound faster. Simply put, *they just live better.*

You can share the benefits of happiness by simply performing everyday Happy Acts, which can cause a ripple of positive acts. Now, imagine that happening all across the globe.

Start your own Happiness Wall Today

Want to join the Happy Acts fun? It's easy—create your own happiness wall by ordering a happiness wall kit at store.livehappy.com.

For only \$25 each the happiness wall kit includes:

- 100 Wall Cards
- 100 Bracelets
- 100 Round Stickers
- 2 Live Happy Logo Stickers
- 2 Happy Acts Board Stickers

In three easy steps you can create a happiness wall for your workplace, social group, school and even your home to share and spread happiness with everyone around you.

- A. Find the 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.
- B. Start decorating.** People need to know what your happiness wall is about! Get crafty with borders and decorations to make an impression! Write "I am happy because..." or "I share happiness by..." at the top of your board, and be sure to include the #happyacts and Live Happy stickers in a prominent place on the board so visitors know where to go for more information!
- C. Gather supplies for sharing Happy Acts on the wall.** Make it easy to share Happy Acts on your wall by keeping supplies handy. Sticky notes are a quick and easy way for people to write their happy acts. Don't forget markers and pens!



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

You may need:

- Dry-erase markers and eraser for white boards
- Clear tape to hold up wall cards
- Pens
- Markers

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.

Did you make a happiness wall? We'd love to see it! Take a picture and share it on Facebook, Twitter or Instagram using #happyacts.

happyacts.org | [#happyacts](https://twitter.com/happyacts)

