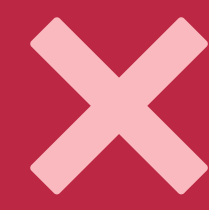




Experience
Happiness



#GIVEHAPPINESS CHECKLIST

Be proud of how you've been handling this past year. The silent battles you've fought, the moments you had to humble yourself, the times you've wiped your own tears. Celebrate your strength and join us over the next six weeks in these steps towards happiness...

1 WHAT ARE THE SIX SUSTAINABLE HAPPINESS SKILLS?

POSITIVE OUTLOOK



THE ABILITY TO ENVISION THE GOOD OR CONSTRUCTIVE OUTCOME IN ANY CIRCUMSTANCE

HUMAN CONNECTION



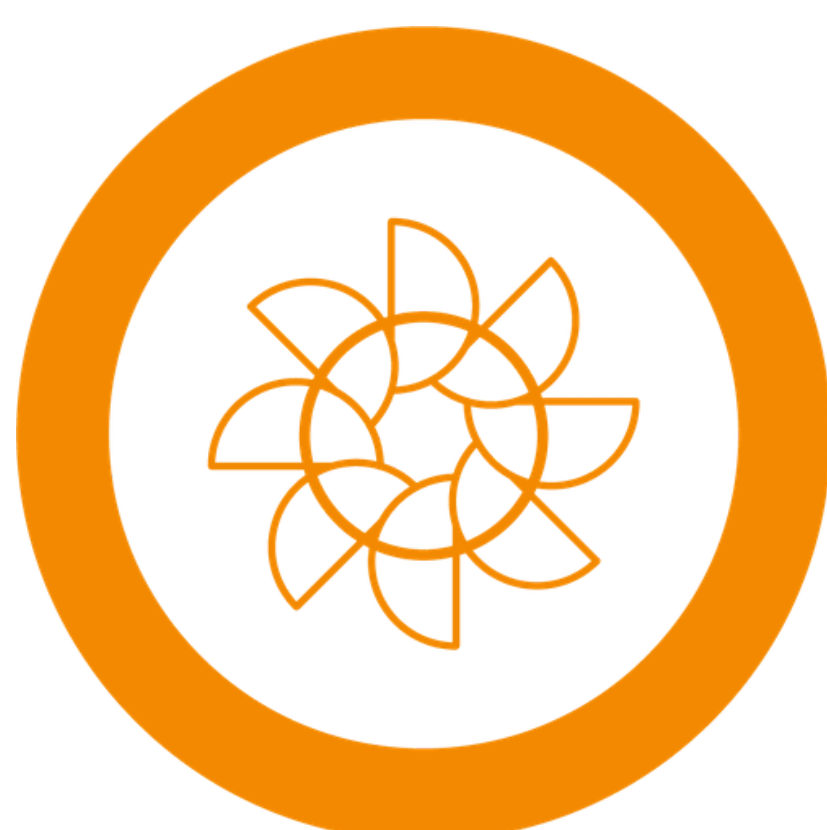
RELATIONSHIPS WITH SIGNIFICANT OTHERS, FRIENDSHIPS AND SOCIAL ENGAGEMENT WITH PEERS

MINDFULNESS



BEING AWARE OF THOUGHTS, FEELINGS AND SURROUNDINGS IN THE PRESENT MOMENT, THROUGH A KIND, SUPPORTIVE LENS

GRATITUDE



RECOGNIZING AND APPRECIATING THE GOOD THAT OTHERS CONTRIBUTE TO OUR LIVES AND IN OUR WORLD, NO MATTER HOW BIG OR SMALL

GENEROSITY



HELPING, SUPPORTING, COLLABORATING OR SIMPLY BEING KIND TO OTHERS

PURPOSE



HAVING SOMETHING TO STRIVE FOR THAT IS BIGGER THAN YOURSELF, KNOWING YOU CAN MAKE A DIFFERENCE

#GIVEHAPPINESS

2 PRACTICING THE SIX SUSTAINABLE HAPPINESS SKILLS!

WEEK ONE - POSITIVE OUTLOOK



SOAK IT IN:
FIND A POSITIVE MUSIC PLAYLIST, LISTEN FOR ONE HOUR AND SAVE THE CHANNEL.



GOAL SETTING:
WRITE DOWN THREE GOALS TO PURSUE IN THE SHORT, MEDIUM AND LONG TERM.

WEEK TWO - HUMAN CONNECTION



IT'S A VIBE:
GIVE A COMPLIMENT TO A STRANGER.



SAY MY NAME:
THE NEXT PERSON YOU SEE WEARING A NAME TAG - CALL THEM BY THEIR NAME.

WEEK THREE - MINDFULNESS



ONE STEP AT A TIME:
TAKE A WALK AND FOCUS ON EVERY SINGLE STEP.



HOW YOU TICK:
TAKE YOUR HAND, PUT IT ON YOUR HEART AND FEEL THE BEAT FOR ONE MINUTE.

WEEK FOUR - GRATITUDE



GET CREATIVE:
MAKE A GRATITUDE COLLAGE AND FILL IT WITH PICTURES OF ALL THE THINGS YOU ARE GRATEFUL FOR.



THUMBS UP:
SEND A POSITIVE NOTE, TEXT OR COMMENT TO PEOPLE YOU HAVE HAD CHALLENGES WITH THIS YEAR.

WEEK FIVE - GENEROSITY

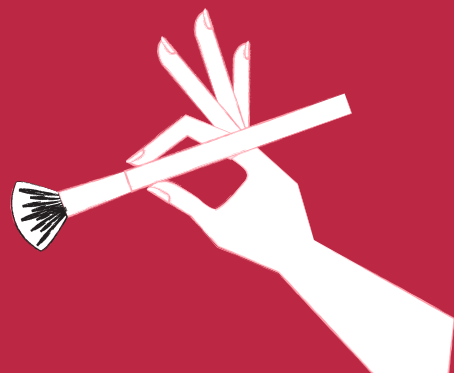


TALK IT OUT:
START A GROUP TEXT AND SHARE WHAT YOU LOVE MOST ABOUT EACH PERSON.



IT TAKES A VILLAGE:
IDENTIFY THE MOST GENEROUS PERSON YOU KNOW AND ASK THEM WHY THEY CHOOSE TO BE GENEROUS.

WEEK SIX - PURPOSE



YOUR MAKEUP:
RECOGNIZE THE THREE MAIN VALUES THAT MAKE YOU WHO YOU ARE.



DREAM BIG:
WRITE A VISION STATEMENT OF YOUR BIGGEST DREAMS COMING TRUE.

3 SHARE YOUR MOMENTS OF HAPPINESS WITH US



#GIVEHAPPINESS

To learn more about LG's six sustainable happiness skills visit: lgexperiencehappiness.com