

## The Great Dream



Evidence suggests there are 10 steps you can take to improve your mental health and wellbeing. Everyone's path to happiness is different. Based on the latest research, Action for Happiness have identified **10 Keys to Happier Living** that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM". Action for Happiness is a movement of people committed to building a happier and more caring society. Trying the **10 keys to Happier Living** could help you feel more positive and able to get most out of life. In school, to help improve mental health and wellbeing, we learn about the 10 Keys to Happier Living, we call these the GREAT DREAM. To find out more, please visit <https://www.actionforhappiness.org/10-keys-to-happier-living>