Powering Up: The Happiness Striker

Happiness is a feeling that you get when your mind, body, and spirit are content. Some people feel happy when they are active, helpful, generous, learning, and relating to other and the world around them. It comes from our own actions and not just what happens to us, or things that we have. EVERYONE deserves to be happy!

I feel happy when I:

Developed by Louise Demirjian, MA, OTR/L for www.everymomentcounts.org