

Seven things that impact our Happiness:

- ❖ Our health
- ❖ Our family relationships
- ❖ Our work
- ❖ Our community and friends
- ❖ Our personal freedom, autonomy and choice
- ❖ Our personal values
- ❖ Our financial situation (income)

*Excepting health and income, all of these are concerned with the quality of our relationships

*According to the concept of Gross National Happiness
R. Layard. Happiness: Lessons from a New Science. New York: Penguin, 2005.*

