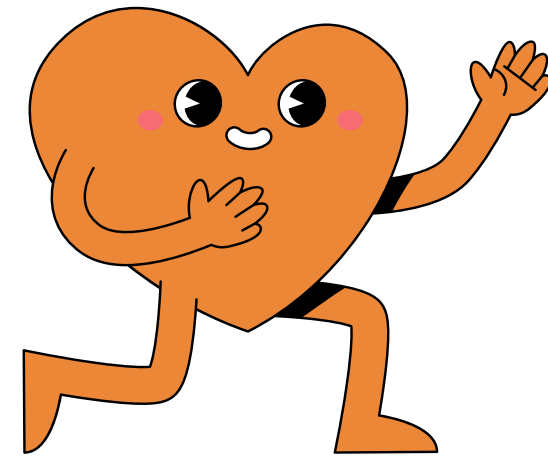
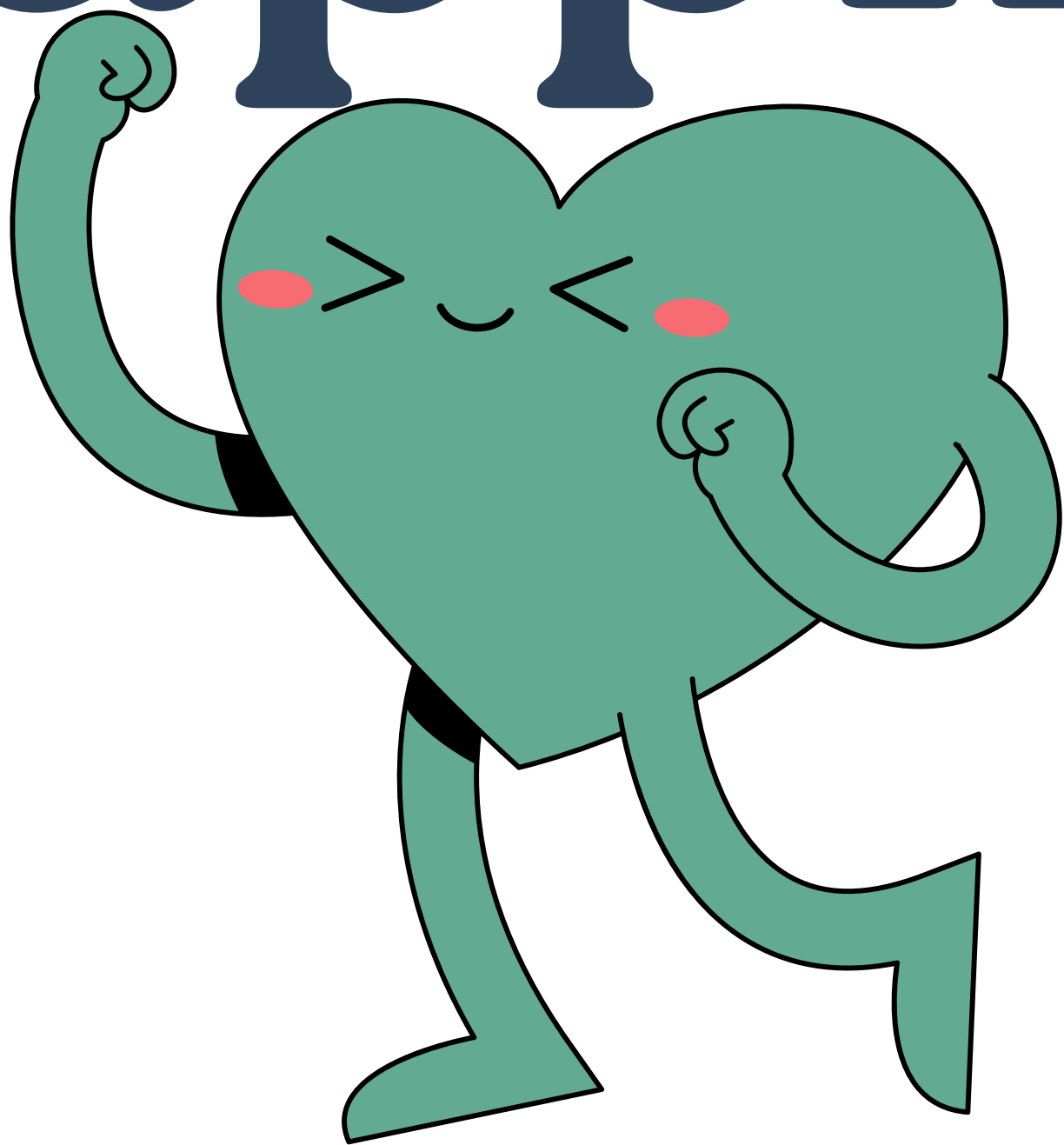


Give Yourself Happiness

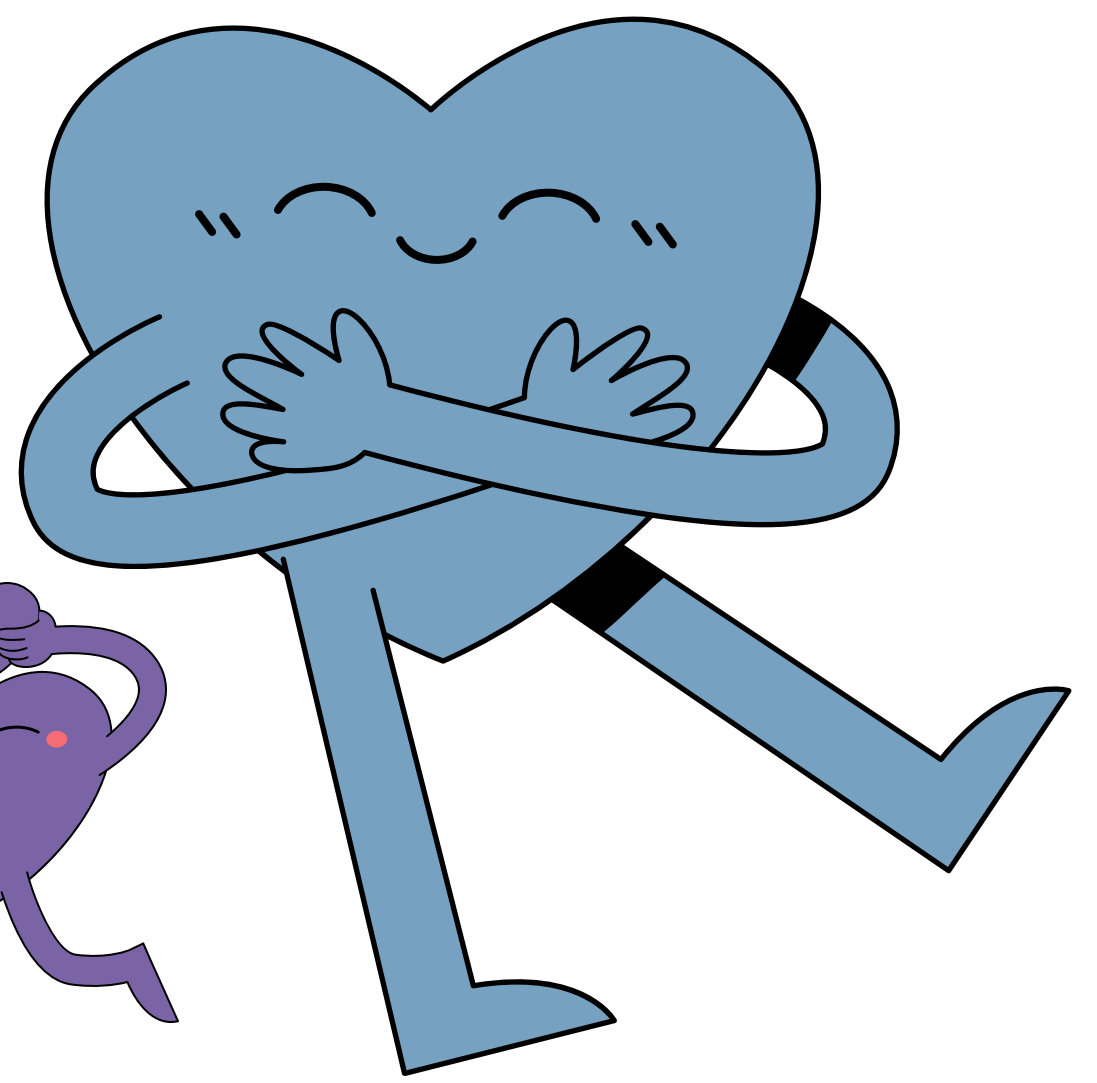
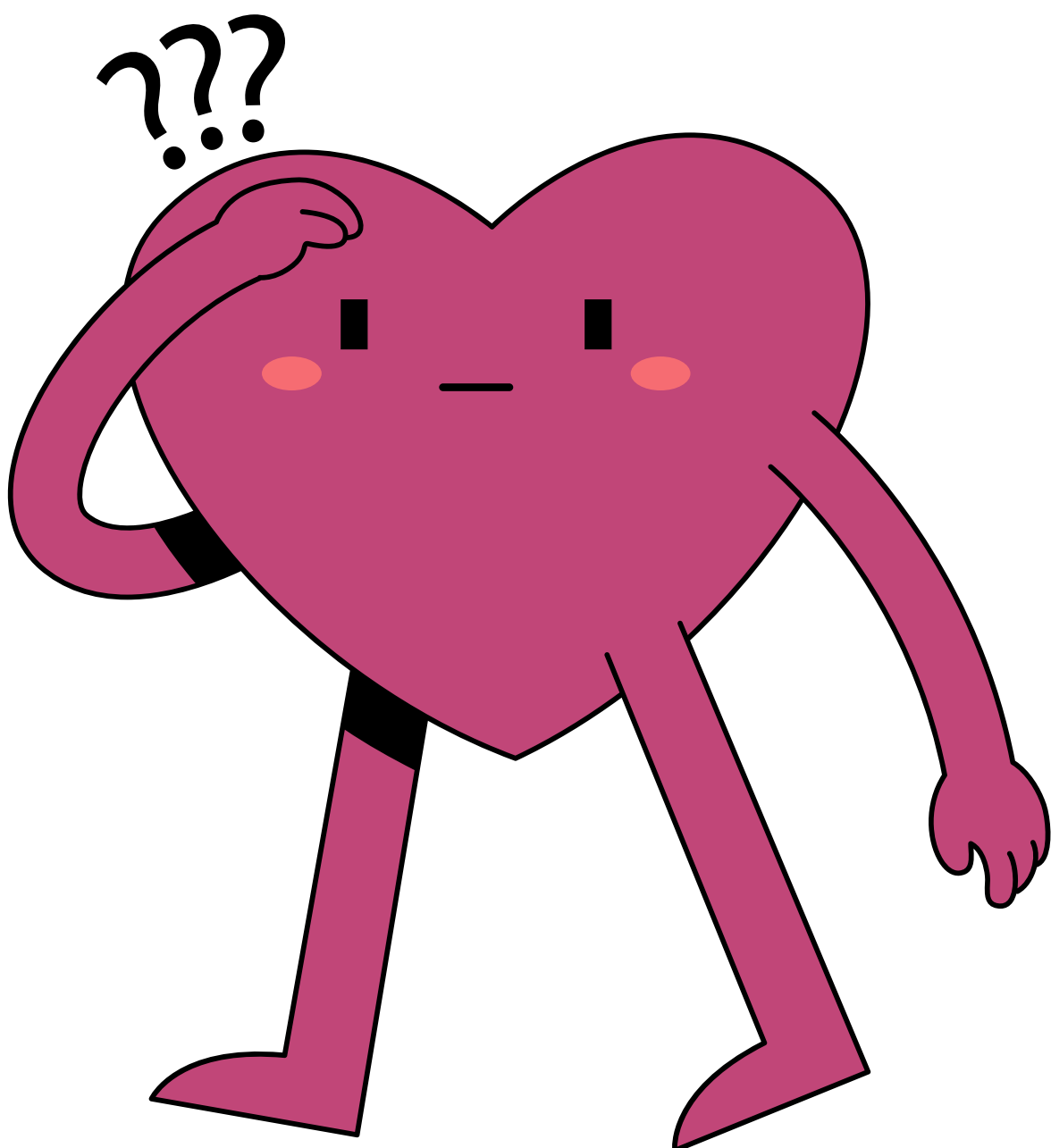


Learn and Grow

Always try new things or learn something new. It feels good to achieve something and learn from it. That feeling can make you happy.

Less Time Chasing

Sometimes, if you try too hard to be happy, it's harder to find. Instead, focus on doing things that make you feel good inside.



Practice Self Care

Treat yourself well. Do things that make you feel relaxed or happy, like taking a walk, reading a book, or spending time with friends.

