

# Recipe for Happiness!

Use  Science +  Practice



## Six Key **Scientific** Triggers to Happiness Hormones

1. Utilize your **STRENGTHS**
2. **SAVOR** happy moments
3. Prioritize **CONNECTION**
4. **EXERCISE** your body AND your mind
5. Prioritize **SLEEP! QUALITY** and **QUANTITY**
6. Practice **KINDNESS, GRATITUDE** and **GIVING**

endorphins - serotonin - norepinephrine - oxytocin - serotonin - dopamine - melatonin

### It takes **practice**

Strengths to USE

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Things to SAVOR

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My Go-To People

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EXERCISE Goals

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SLEEP plan

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Acts of KINDNESS

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