



**Happiness
is....**

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Happiness is living a good life



Feeling good about yourself and things that you do each day
Doing things that are meaningful to you
Having goals that you are achieving
Enjoying your life activities

Happiness is having a strong support system around you.



family and friends, support people, important people in your life

Happiness is being part of your community



Feeling valued, welcome and included

Happiness is being healthy and feeling well



Regular exercise or being outdoors

Eating healthy

Getting a good nights sleep

Happiness is being emotionally strong



**Being able to deal with challenging situations,
Having resilience and good coping skills**

Happiness is making your own choices in life



**Being supported to understand your options
Feeling empowered and
confident in expressing your preferences**

Happiness is feeling safe



Being free from harm
Knowing how to keep yourself safe
Being supported to feel safe



GUIDING STEPS

S U P P O R T S E R V I C E S



**is a uniquely individualised counselling,
coaching and support service**

Every session tailored to your needs and preference



Caralyn currently has availability for:

1 hour counselling sessions

1:1 support sessions

Group social and wellness programs

For more information or to book a session contact
caralyn@guidingsteps.com.au or check out our website
<https://guidingsteps.com.au>

