



10 Steps to Happiness



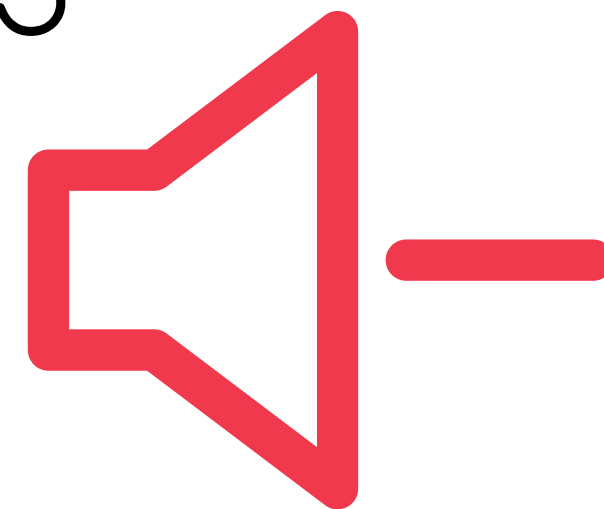
@sylvia duckworth

start from
today

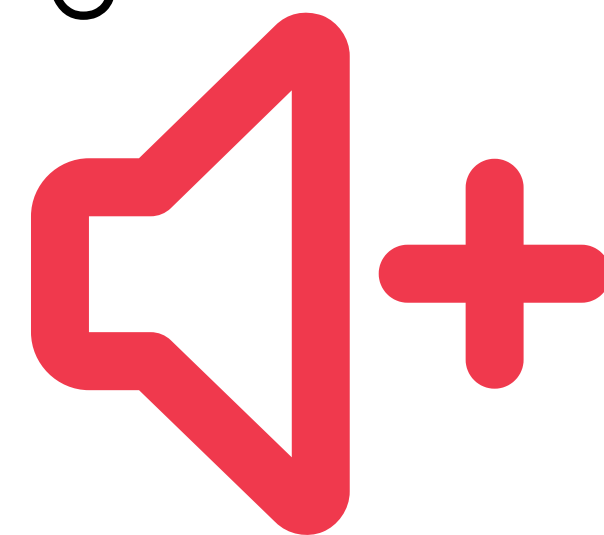
improve
your life by
these simple
steps



less - mniej

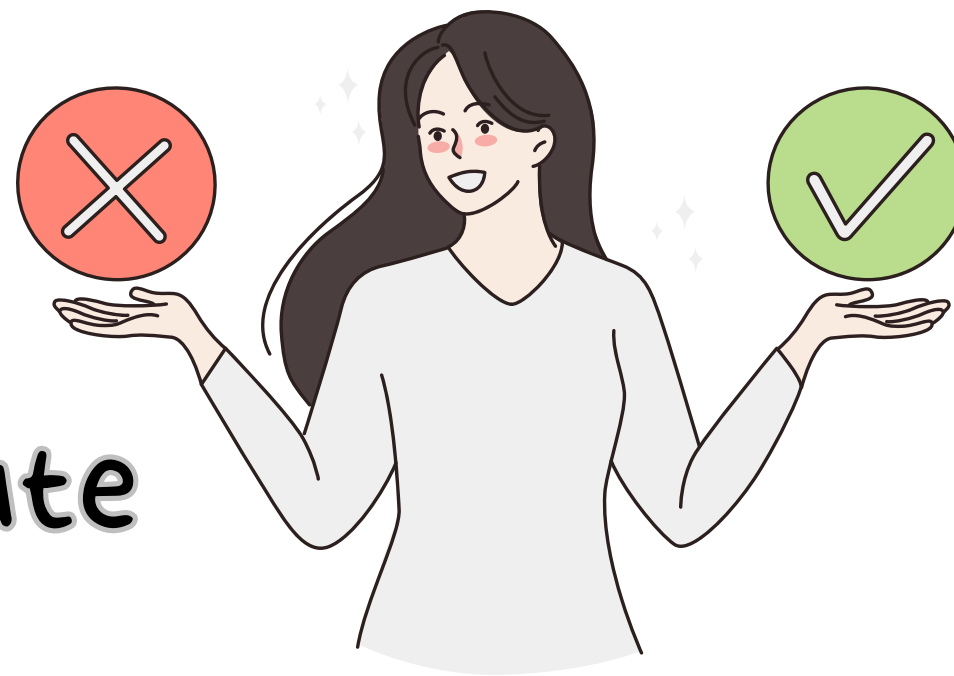


more - więcej



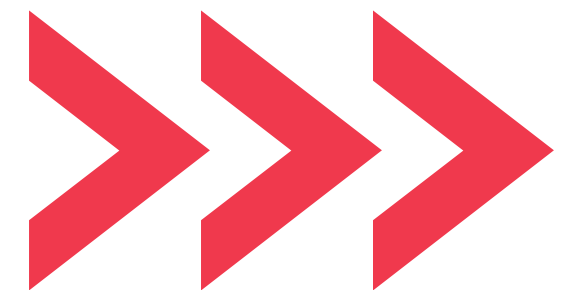
What do you do?

- hate - love
- worry - dance
- take - give
- consume - create
- frown - smile
- watch - do



- talk - listen
- fear - try
- judge - accept
- complain - appreciate

**LINKS TO ONLINE
PRACTICE AT THE END**



I hate ...



I love ...

my neighbours

my job

politics

smoking

beer

rain

shopping

hip-hop

meat

cats

going to the gym

ironing

walking

dancing

travelling

cooking

running

learning English

studying

gardening

.....



take



give

take without
FORGETTING AND
GIVE WITHOUT
REMEMBERING

Don't worry about...

taxes

children

bills

money

health

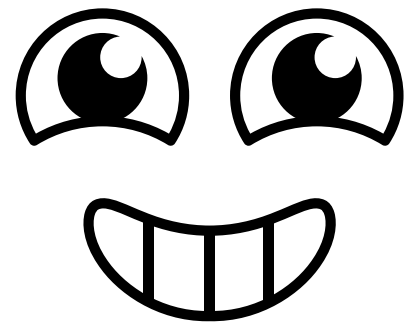
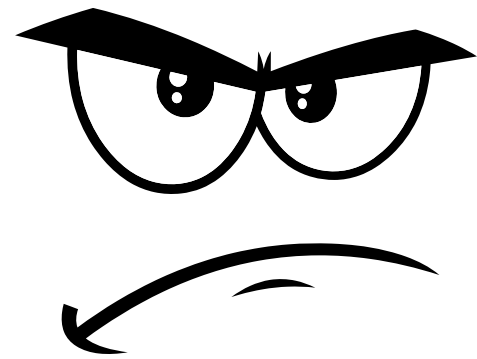
future



just dance ...



frown



smile



"Nothing you wear is more important than your smile" -
Connie Stevens

consume...

food, clothes,
jewellery, energy



create ...

new things,
decorations, music,
dishes, bracelets



~~judge~~



accept



fear



Faith
-OVER-
Fear

try

new hobbies

sport

food

skills



watch

TV, Netflix, Serial, reality shows ...

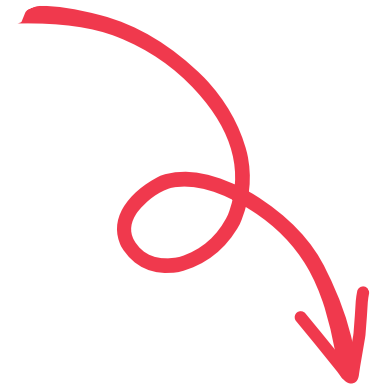


do

workshops, training, language course,



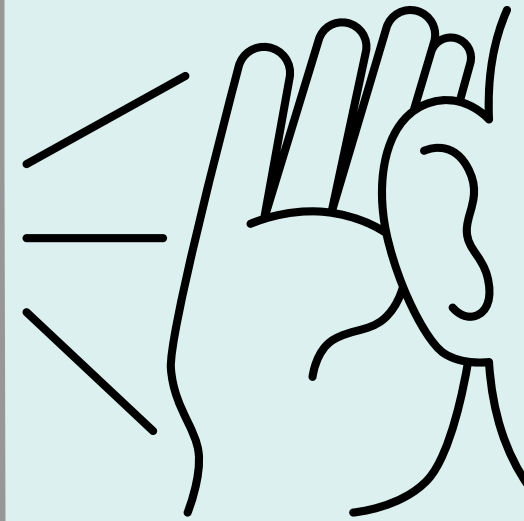
complain



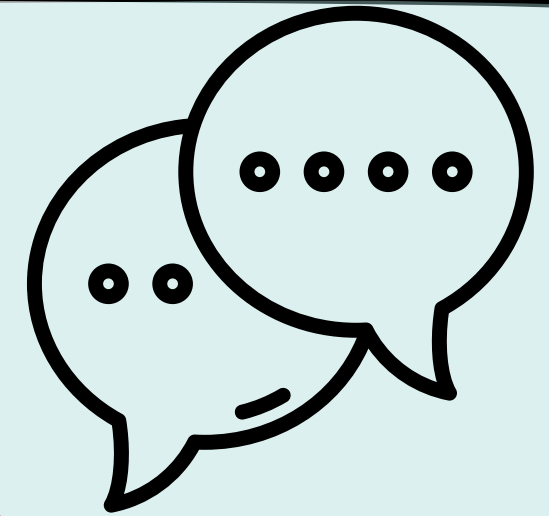
appreciate



talk



listen



to your partner
to your parents
to your kids
to your colleagues

to music
to nature
to birds

linki do treningu

