12 STEPS TO HAPPINESS

Thank

Thank someone and be appreciative toward your colleagues, every single day.

Give

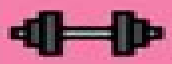
Give something to another person or make it possible for others to offer gifts.

Help

Help someone who is in need of assistance, or enable colleagues to help each other.

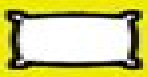
Eat Well

Eat well, and make good, healthy foods easily available for everyone.



Exercise

Exercise and work out regularly and make it easy for people to take care of their bodies.



Rest

Rest well, sleep sufficiently, and enable colleagues to refresh their minds.

Experience

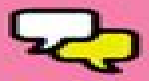
Experience new things, try stuff out, and let people run all kinds of experiments.

Hike

Hike outdoors, enjoy nature, and allow people an escape from the office and the city.

Meditate

Meditate and get people to learn and adopt mindfulness practices.



Socialize

Socialize, relate to other people, and make it easy for colleagues to develop connections.

Aim

Aim for a goal and get people to understand and realize their own purpose.

Smile

Smile whenever you can, appreciate humor, and get colleagues to engage in fun activities.

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MANAGEMENT 3.0

CHANGE AND INNOVATION PRACTICES

How To Be Happy Now 7 Easy Steps To Become Happy Today

Daniela Niemeyer

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