



future
positive
productions
vermilion
italy



happiness
kit

1 KIT CONTAINS
SOME IMPORTANT
INGREDIENTS
TO HAPPINESS

happiness
kit

*** 1 * NURTURE RELATIONSHIPS:**

TALK, DRINK, PLAY WITH YOUR FRIENDS.

*** 2 * BE RESILIENT:**

AN ELASTIC TO HELP YOU STRETCH BEYOND YOUR LIMITS.

*** 3 * BE GRATEFUL:**

A CANDLE TO CELEBRATE SOMETHING, ANYTHING.

*** 4 * DO ENGAGING THINGS:**

A MEDAL FOR YOUR ACHIEVEMENTS.

*** 5 * SAVOUR:** A FLOWER TO REMIND YOU
TO OBSERVE NATURE, TREES, THE SKY.

*** 6 * BE OPTIMISTIC:**

THE RIGHT CARD FOR THE GAME YOU ARE PLAYING.

*** 7 * FORGIVE:** AN ERASER TO DELETE ALL MISTAKES.

*** 8 * KEEP YOUR MIND CLEAR:** AN UMBRELLA
TO SHELTER FROM OVER-THINKING

*** 9 * BE KIND:** A LITTLE PRESENT FOR SOMEONE.

*** 10 * HAVE A NICE GOAL:** A LITTLE CALENDAR TO PLAN.

*** 11 * BE SPIRITUAL:** FIND THE SACRED AROUND.

*** 12 * LOVE YOUR BODY:** RUN, WALK, EAT WELL.

AND ACT AS A HAPPY PERSON.

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