

CREATING JOY

“Let each morn be better than its eve and each morrow richer than its yesterday.” –Bahá’u’lláh

What would make today the best day ever? A big party with friends and family? Riding the fastest roller coaster you can imagine? Winning the competition you’ve been practicing for?

Big events are exciting, but they don’t happen often. To stack up the joy every day, fit in lots of little things that

are fun, interesting, and meaningful to you.

Happiness may pop up in unexpected places. Helping others, practicing diligently, or giving stuff away may not always seem fun, but in the right balance, they’re key pieces of a fulfilling life. Keep your eyes open for new ways to assemble happiness every day.

Be active



Skateboard

Care for nature



Turtle

Make art



Paintbrush

Connect to friends



Camera

Explore



Map

Help others



Cup

Practice a skill



Trumpet

Pray and be mindful



Prayer Book

Set goals



Trophy

FIND NINE THINGS THAT BUILD PATHS TO HAPPINESS.

