

## A PRESCRIPTION FOR HAPPINESS

- *Express gratitude regularly* - dynamite for your wellbeing
- *Be kinder* - live to give
- *Cultivate great relationships* - a recipe for real contentment
- *Set and work toward goals* that allow you to grow
- *Make time for what matters*
- *Exercise regularly* - the greatest pill of all
- *Cultivate realistic optimism* - oxygen for opportunity
- *Embrace Simplicity* - the ultimate sophistication
- *Explore Spirituality* - the purpose of life is a life of purpose
- *Have the courage to choose*

Signed: *Dr. Mark Rowe*

