

7 Steps to Happiness

Think less, feel more
 Frown less, smile more
 Talk less, listen more
 Judge less, accept more
 Watch less, do more
 Complain less, appreciate more
 Fear less, love more

Doe Zantamata

**DON'T BE MEAN,
 BE MEANINGFUL.**

Kid President

**A TRUE FRIEND
 ACCEPTS WHO YOU
 ARE AND HELPS
 YOU BECOME WHO
 YOU CAN BE.**

Anonymous

less – mindre

frown – rynke på nesa

accept – akseptert

appreciate – sette pris på

