1 KIT CONTAINS SOME IMPORTANT INGREDIENTS TO HAPPINESS

* 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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