

Tips for a happy life

Be ¹kind / kindness to others. The ²able / ability to help someone will make both you and them feel good.

Offer your time to people in need – ³generous / generosity will make you feel good about yourself!

Try to get up early – ⁴lazy / laziness will make you feel ⁵tired / tiredness – you will feel more positive after an early start.

It's not ⁶necessary / necessity to have more and more things. ⁷Prosperous / Prosperity isn't the key to happiness. Be ⁸happy / happiness with what you have and who you are.

