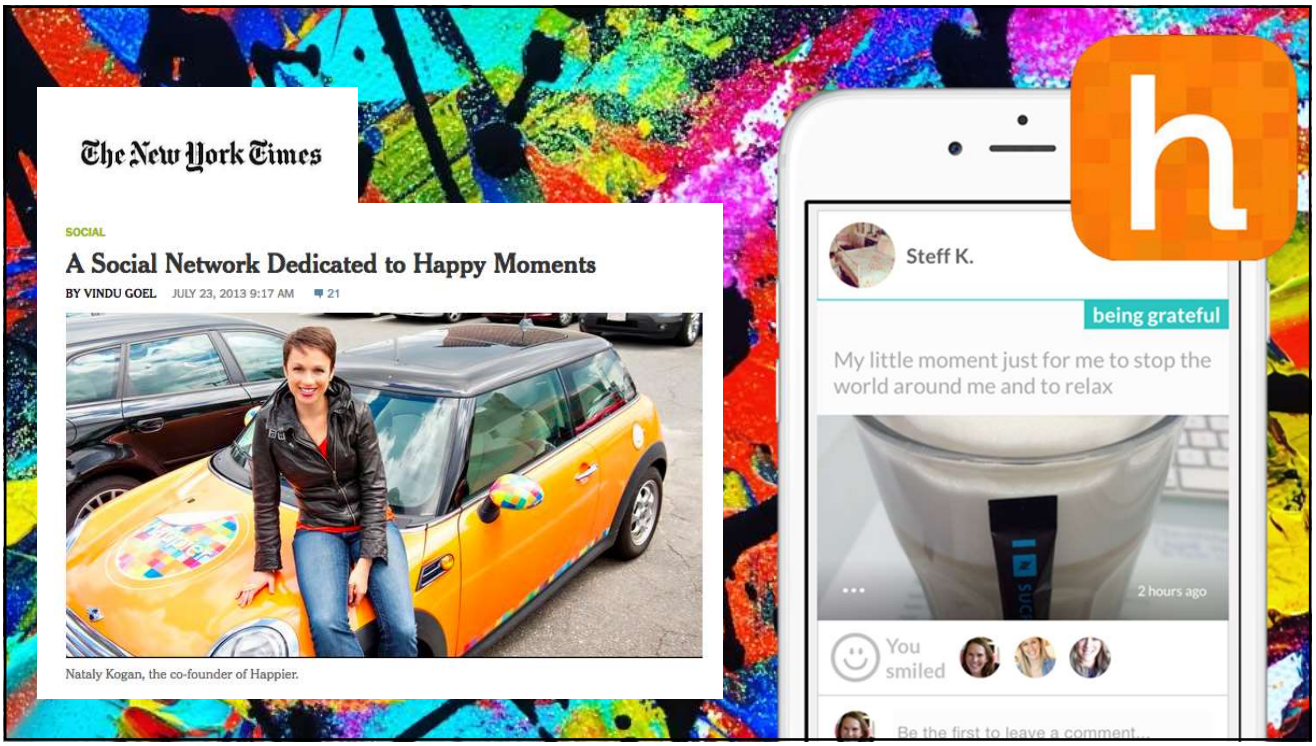
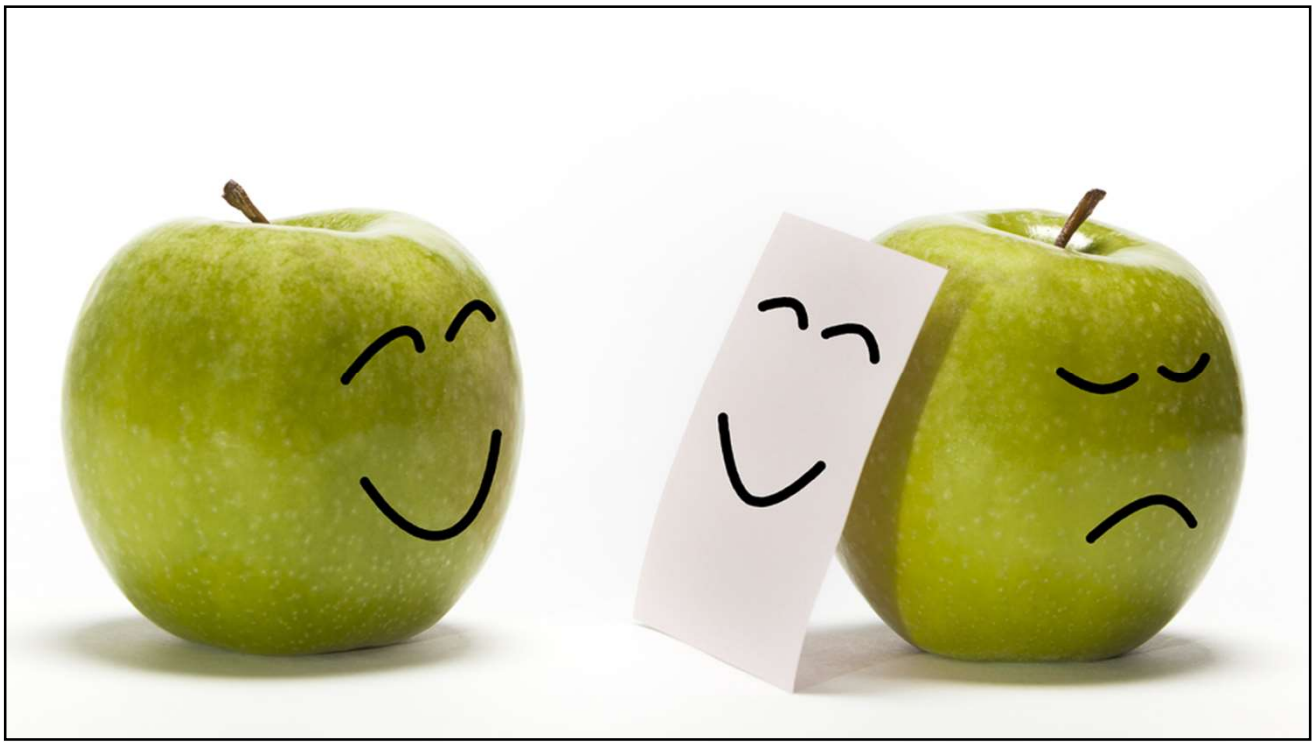
© Happier Inc. 2013-2018



© Happier Inc. 2013-2018

© Happier Inc. 2013-2018



© Happier Inc. 2013-2018

© Happier Inc. 2013-2018

© Happier Inc. 2013-2018

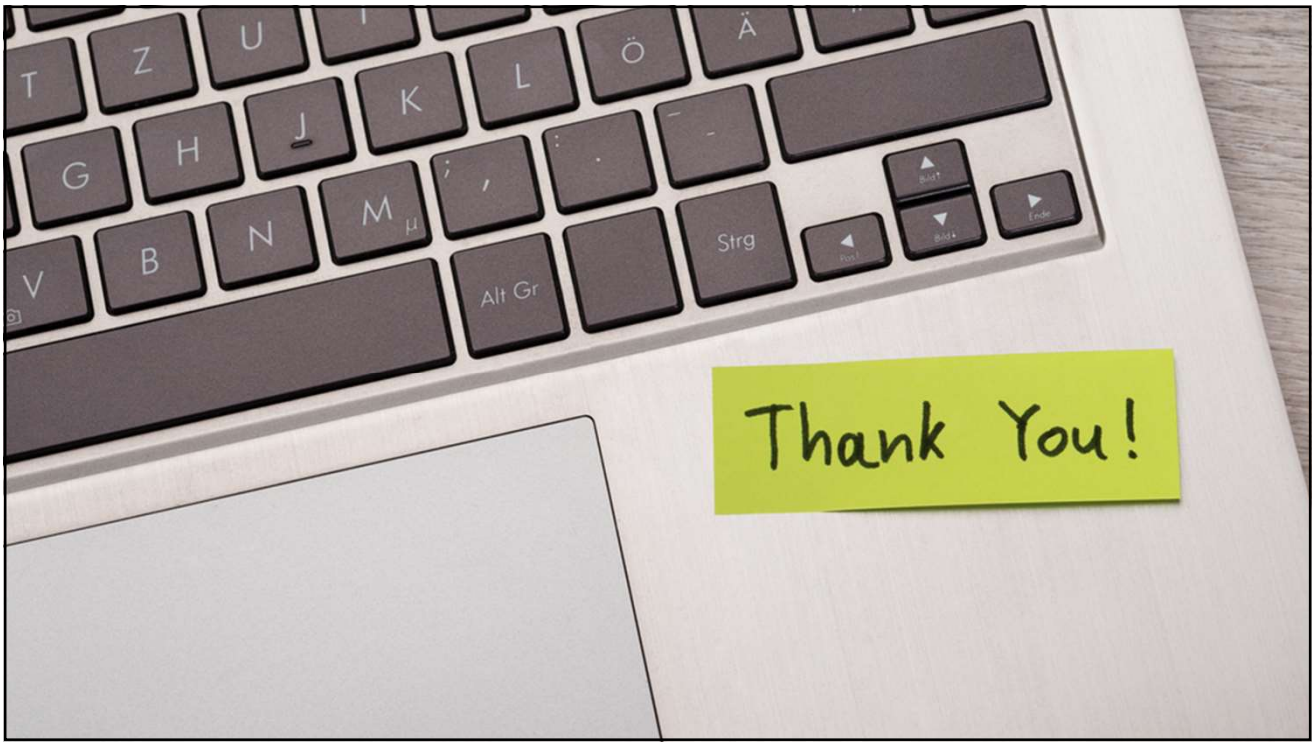
There are only two ways to live your life:

One is as though nothing is a miracle.

The other is as though everything is a miracle.

-Albert Einstein

© Happier Inc. 2013-2018



natalyk@happier.com

© Happier Inc. 2013-2018

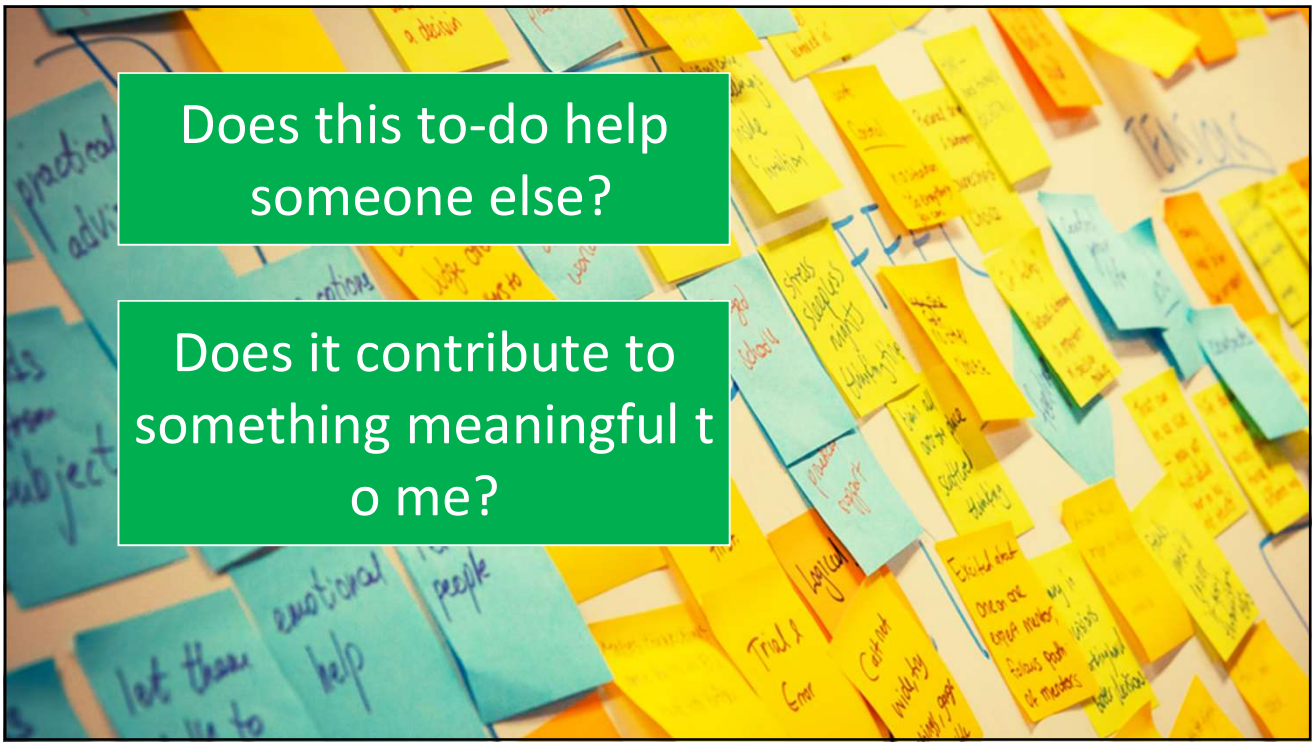
Gratitude Practice

3 gratitudes before first email

Gratitude Meeting Bookends

5 Core Happier Skills

© Happier Inc. 2013-2018



© Happier Inc. 2013-2018

Bigger Why Practice

To-do List Makeover

Start meetings with a WHY

5 Core Happier Skills

© Happier Inc. 2013-2018

© Happier Inc. 2013-2018

© Happier Inc. 2013-2018

Rest increases productivity

© Happier Inc. 2013-2018

Self-care Practice

10-minute Happier Reset

Share how you're practicing

5 Core Happier Skills

© Happier Inc. 2013-2018

5-Minute Happier Workout

Acceptance

Gratitude

Kindness

Bigger Why

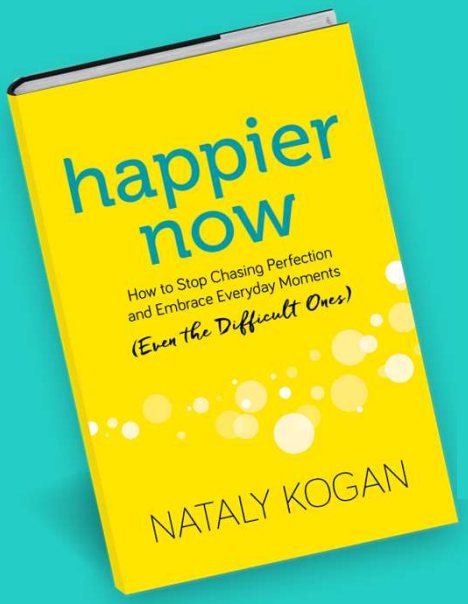
Self-Care

natalyk@happier.com

© Happier Inc. 2013-2018

You can't give
What you don't have

© Happier Inc. 2013-2018



THANK YOU!

natalyk@happier.com

www.happier.com

© Happier Inc. 2013-2018