

ELSIE ROBINSON'S HAPPINESS MANIFESTO

- You are responsible for your own happiness.
- Your happiness is not the job of your partner, friends, or family.
- Unlike the happiness of youth, finding happiness as an adult takes effort. It must be sought and nurtured.
- It's possible to build happiness bit by bit, one small gesture or action at a time.
- Take risks.
- Let go of hate.
- Be decisive. (Wavering is depleting.)
- Look to nature as a source of happiness.
- Be mindful of how you think. Your real life is lived inside you. It is lived in your thoughts.
- Fear bubbles up for everyone. Don't let it hold you back from achieving your goals.

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