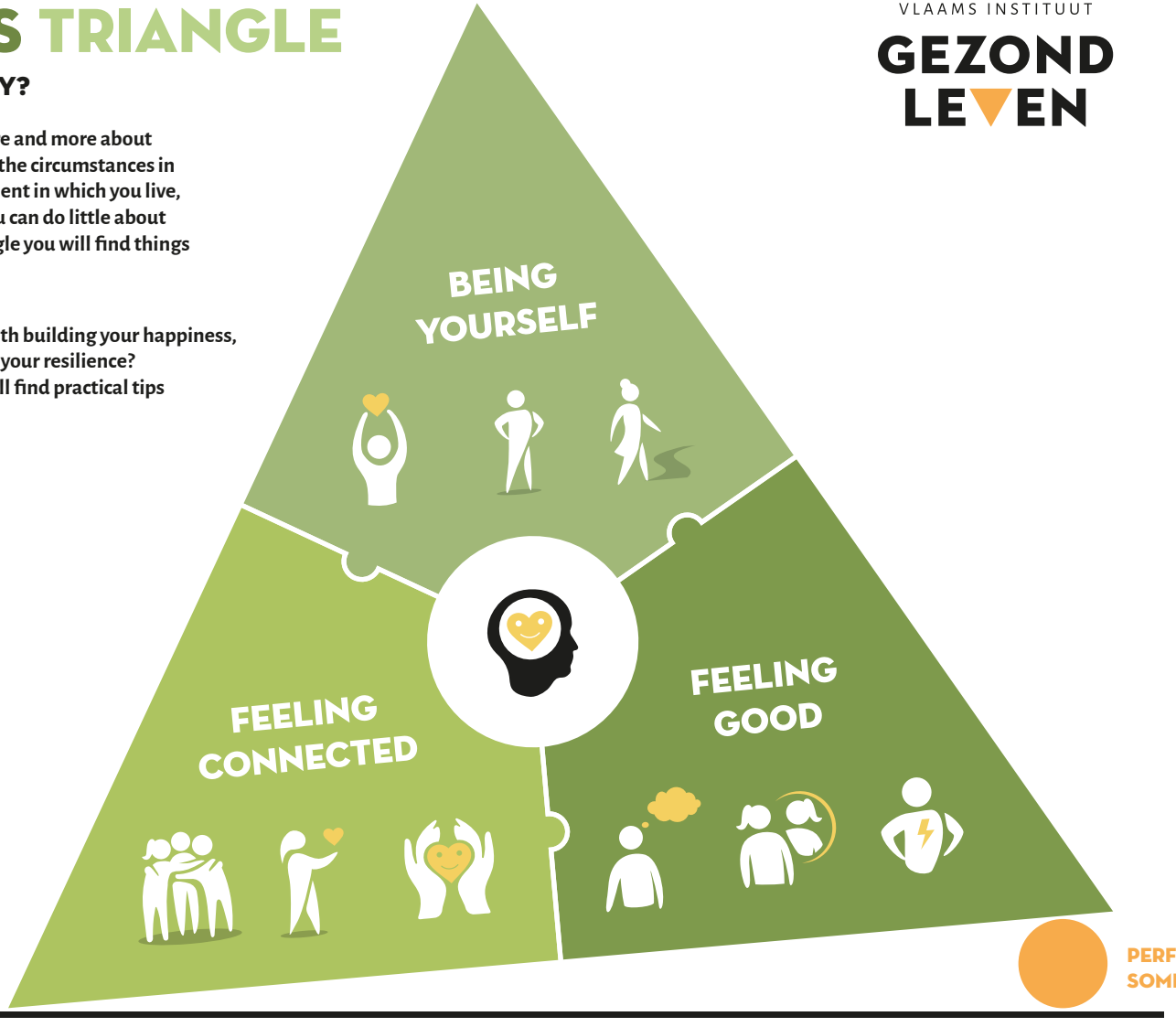
HAPPINESS TRIANGLE

WHAT MAKES YOU HAPPY?

Scientific research is teaching us more and more about happiness. This is how we know that the circumstances in which you grow up and the environment in which you live, partly determine your happiness. You can do little about that yourself. In this happiness triangle you will find things that you can influence yourself.

Do you want to get started with building your happiness, or do you want to strengthen your resilience? On geluksdriehoek.be you will find practical tips and exercises (in Dutch).



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WANT TO GET STARTED? THESE QUESTIONS WILL HELP YOU ON YOUR WAY.

- What do you find important in life?
- What are you proud of?
- What do you (still) want to achieve? What motivates you?
- With whom do you find support?
- How do you contribute to other people's lives?
- What are you grateful for?
- What helps you to be mindful?
- Aren't you too hard on yourself sometimes?
- What boosts your energy?

PERFECT HAPPINESS DOES NOT EXIST. SOMETIMES YOU LOSE BALANCE AND THAT'S OKAY.

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