

10 STEPS TO HAPPINESS

What should we do less and more of
in order to be happy?

complain love watch dance judge fear give
talk create smile frown listen consume
take try worry accept do hate appreciate

LESS

MORE

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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Use the verbs to complete 10 steps to happiness.

1. _____ less, _____ more.

2. _____ less, _____ more.

3. _____ less, _____ more.

4. _____ less, _____ more.

5. _____ less, _____ more.

6. _____ less, _____ more.

7. _____ less, _____ more.

8. _____ less, _____ more.

9. _____ less, _____ more.

10. _____ less, _____ more.