

# The 12 Pillars of Happiness

## 1. Presence & Mindfulness

Living fully in the moment.

## 2. Positive emotions

Enriching your life with joy and building up what's positive.

## 3. Engagement & Flow

Dedicating yourself to get the best out of life & immersing yourself in the excitement of living.

## 4. Being own best friend

Striving to be your best self in a gentle, compassionate, friendly and loving way.

## 5. Creator's mindset

Being an active & positive creator of your reality.

## 6. Achievement & Active creation

Moving forward - acting on your life goals and achieving them.

## 7. Continuous self-development

Building the habits of exploring, learning and developing yourself.

## 8. The power of gratitude

Appreciating the beauty and the value of experiences and people around you.

## 9. Leveraging own strengths

Discovering what you are truly good at,  
developing and strengthening your best sides.

## 10. Building resilience

Creating and developing ways of being stronger in the face of life challenges.

## 11. Meaning & Purpose

Pursuing meaningful goals and creating meaning in life.

## 12. Positive relationships

Cultivating positive, meaningful, fulfilling connections.

\*The 12 pillars of happiness is a framework for teaching happiness created by Happiness Academy.  
If you are curious to learn more, look for us at [www.happiness-academy.eu](http://www.happiness-academy.eu)