

TINY ACTS

SERVICE WILL MAKE YOU HAPPIER

Sometimes it's hard to be happy. You're tired. You've had a sh*tty day. And you're just plain miserable.

Believe it or not, one of the quickest ways to feel better, more energized and happier is to perform an act of service.

It doesn't need to be huge. Just about anything will do.

- Call or text someone you know is lonely
- Pick up the coffee cup on the ground next to the trash can
- Smile (or better yet, make a funny face) at frustrated little kid in the supermarket line ahead of you.

The ways to serve are endless.

They make other people feel good.

They make the world a better place.

And they will make you happy.

