International Happiness Day March 20th

![C:\Users\Laura Sanger\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2HLF22VT\5-Free-Summer-Clipart-Illustration-Of-A-Happy-Smiling-Sun[1].png]()

In 2012 the United Nations declared 20th March each year as International Happiness Day to mark the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world, and the importance of their recognition in public policy objectives.

We invite you to spend some time on Friday 20th to consider your relationship to happiness.

* What or who invites happiness into your life?
* What responses will you make to these invitations?
* How do you offer happiness to the people you come into contact with?
* Does the idea of a human right to strive for happiness connect with you?
* How do you plan to observe this day?

<http://www.un.org/en/events/happinessday/>

We wish you some happy reflections.

The Ganjuu Wellbeing Service