

## Cadette Science of Happiness Badge

# The Three Keys to Happiness

Scientists have found that the three things that make people most happy are **PLEASURE** (doing things you enjoy), **ENGAGEMENT** (feeling interested in your activities and connected to others), and **MEANING** (feeling like what you do matters). While most people spend their time trying to have pleasurable experiences, experiments show that pleasure is the least likely of these three to bring true joy.

The choices for this step—getting into flow, counting your blessings, and savoring the little things—are three ways that help you connect with yourself and others throughout your day. By doing these things, you'll often find that your activities are more meaningful.



Taking good care of yourself is another factor in happiness—exercise is great for your body and your mood!

*pleasure*



*engagement*



*meaning*

