

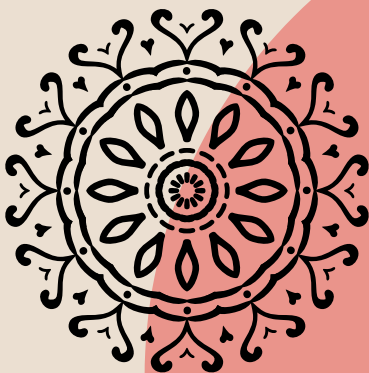
My Saltwater Skyline

HAPPINESS FOUNDATIONS

We all have foundations which we build our lives on. Without these solid foundations we struggle to find true happiness. Let's have a look at what our happiness foundations look like.



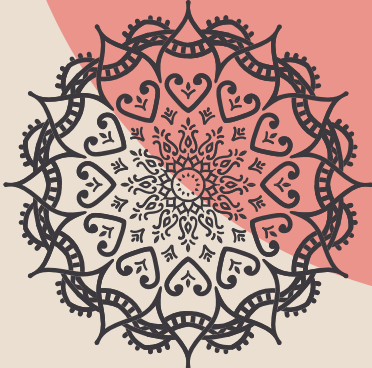
GIVING



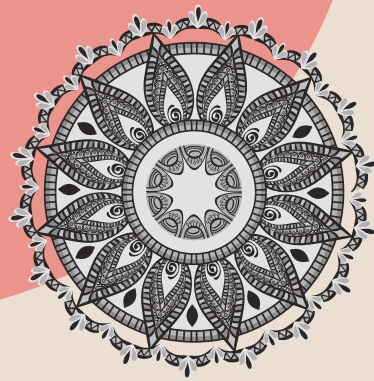
GRATITUDE



COMMUNITY



SELF-CARE



**PERSONAL
GROWTH**

HOW CAN WE STRENGTHEN OUR
FOUNDATIONS FOR A HAPPY AND
FULFILLED LIFE?

***HAPPINESS IS ALL
ABOUT BALANCE***



My Saltwater Skyline

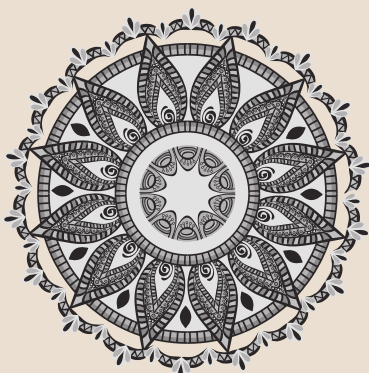
EQUAL PARTS LOVE

All areas of our life need to be balanced for us to live happy and fulfilling lives. We often give more energy to one or more areas and let the others lag behind. This causes part of us to suffer, often without us realizing it.



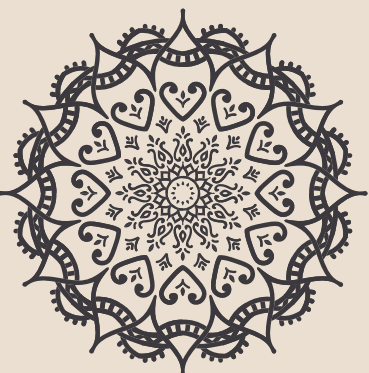
GIVING

Throughout our lives we look for reasons to give. To celebrate life through giving. We give Birthday gifts, Christmas gifts, Valentines gifts. Why? Because it fills our hearts with joy. We overflow with love when we share our hearts with others. Find ways to give to others every day and in turn you will give back to yourself.



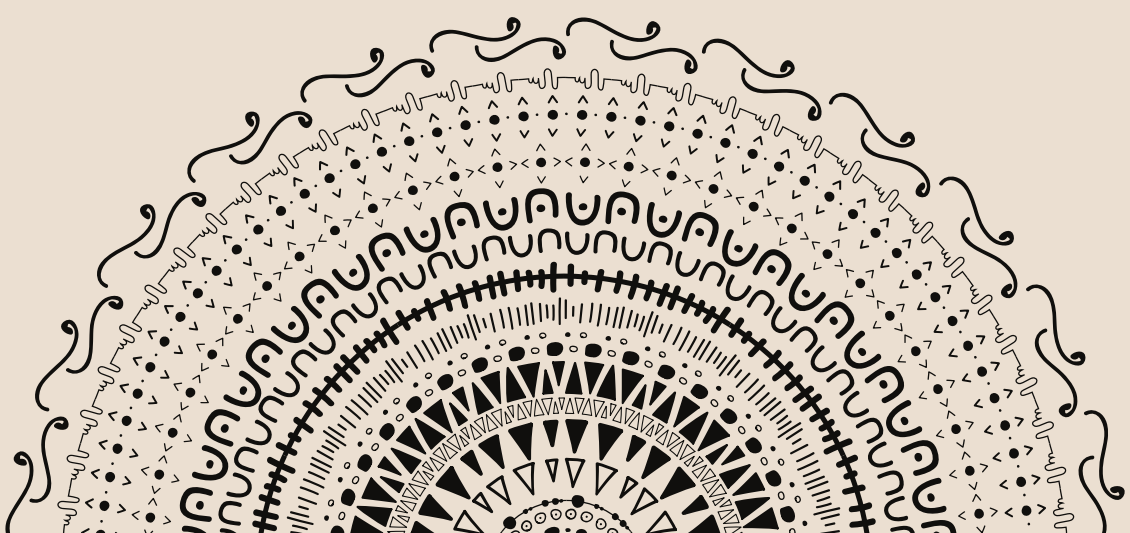
COMMUNITY

None of us stands alone in this life. We learn from each other, we guide each other and we help each other through difficult times. We need our community and our community needs us. Together we are stronger. Make a point of connecting with those around you. Lend a hand, or an ear, to those who need it. They will be there for you when you need them.



SELF-CARE

For far too many of us this is where we fall flat. We give so much of ourselves to others, from a place of love. What we don't realize is that we need to care for ourselves as well as we care for them. We neglect ourselves for the sake of being a provider/support to others. In the end we are doing those we love a disservice because we find ourselves running on empty. Learn to take time for re-fuel, to love yourself. You will have so much more to give if you do this for yourself.



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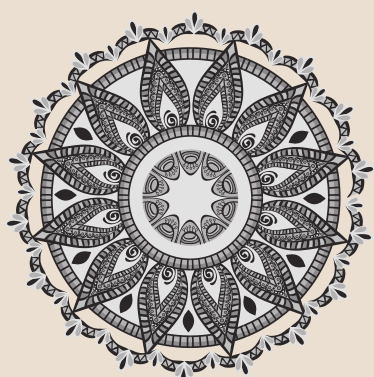
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GRATITUDE

For me gratitude has been a solid foundation for a happy life. Being grateful for every significant and seemingly insignificant aspect of life gives you perspective like nothing else can. You come to realize how truly wonderful life is and how blessed you are in every moment to be here experiencing this thing called life. Make it part of your daily routine to look around you and take stock of your blessings, there are many!



PERSONAL GROWTH

The moment we become stagnant we lose a piece of ourselves. We start to develop an emptiness inside. Many of us don't realize it but we were made to grow. We need to keep moving forward, pushing ourselves in one area of life or another. This could mean working on eating healthier, doing more exercise or learning something new. It could mean taking on habits like reading a book a week or pushing ourselves to be more outgoing. It is all growth. Anything that stretches us is growth and it is crucial for a happy life. Find something that you love and expand on it!

***Balance is different for all
of us. Find your Balance,
and Live your Best Life!***

