THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD
MALTA

Celebrating Joy

Embracing Happiness in Daily Life

On 20 March, the world comes together to celebrate the International Day of Happiness, a day dedicated to recognising the importance of happiness in the lives of people around the globe.

This day reminds us that happiness is not just a personal achievement but a global goal that encourages societies to consider well-being as a measure of progress. As we embrace this special day, let's explore the universal pursuit of happiness and how we can collectively contribute to a happier, more fulfilling world.

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The Essence of Happiness

Happiness transcends borders, cultures, and backgrounds; it is a fundamental human desire that underpins much of what we do and how we live our lives. It is about more than just moments of joy and laughter; it encompasses a sense of satisfaction, a feeling of purpose, and the ability to enjoy life's journey despite its challenges. Happiness is found in the connections we make, the love we share, and the kindness we show to others and ourselves.

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Building Blocks of Global Happiness

COMMUNITY AND CONNECTION

Strong social bonds are at the heart of happiness. Building supportive communities and nurturing relationships contribute significantly to our sense of well-being. Let's use this day to reach out to friends, family, and even strangers, fostering a sense of belonging and unity.

KINDNESS AND GENEROSITY

Acts of kindness not only bring joy to the recipient but also to the giver. The International Day of Happiness is a perfect opportunity to perform random acts of kindness, spreading joy and enhancing our collective happiness.

GRATITUDE AND MINDFULNESS

Taking time to appreciate the good in our lives, no matter how small, can dramatically improve our happiness. Practising mindfulness helps us live in the moment and find joy in our everyday experiences.

PURSUIT OF PURPOSE

Engaging in activities that align with our values and contribute to something larger than ourselves gives our lives meaning and satisfaction. Whether through work, hobbies, or volunteering, pursuing our passions is key to a happy life.

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Actions for Happiness on 20 March and Beyond

SHARE HAPPINESS

Post a message, photo, or video that represents happiness to you on social media. Use the hashtag #InternationalDayOfHappiness to join the global conversation.

COMMIT TO KINDNESS

Choose to perform a specific number of random acts of kindness and encourage others to do the same.

EXPRESS GRATITUDE

Make it a habit to reflect on and express gratitude for at least three things each day.

CONNECT WITH NATURE

Spend time outdoors, appreciating the beauty and tranquillity of the natural world, which has been shown to boost mood and mental health.

FOSTER CONNECTIONS

Reach out to someone you haven't spoken to in a while, or make an effort to meet new people. Strong social connections are a key to happiness

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The International Day of Happiness isn't just a celebration; it's a global reminder of the importance of seeking joy and well-being in our lives and the lives of others. By adopting habits of kindness, gratitude, connection, and purpose, we can all contribute to a happier world.

Let us pledge to carry the torch of happiness forward, illuminating the path not just for ourselves but for one another. In every smile shared, in every act of kindness, and in every moment of gratitude, we build a brighter world.

Today, we celebrate; tomorrow, we continue our journey with joy as our guide and kindness as our compass. Together, let's make the pursuit of happiness more than a quest — let it be our way of life.

Unite in Joy. Inspire. Flourish.
Discover the harmony of togetherness in Pursuing Happiness

intaward.mt
admin@intaward.mt | +356 7980 8283

#WORLD READY

DOFE/HappinessDay

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