

# Wheel of Well-being

## Do-It-Yourself Happiness WoW Intensive Training



### SESSION FIVE: **PEOPLE** connect

Connect with the people around you: with family, friends, colleagues and neighbours.

At home, work, school or in your local community.

Think of these as the cornerstones of your life and invest time in developing them.

Building these connections will support and enrich you every day.



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