

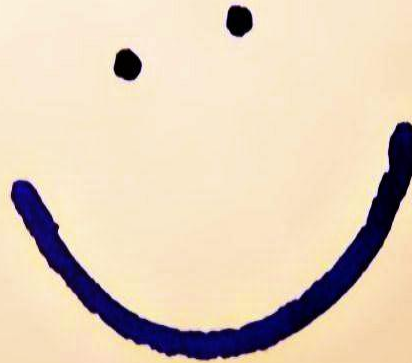


MARCH

INTERNATIONAL DAY OF

**HAPPINESS**

# LOYOLA COUNSELLING CENTRE



a smile is the shortest distance  
between two people



# LOYOLA COUNSELLING CENTRE



*A smiling face is a beautiful face...  
A smiling heart is a happy heart...*

# LOYOLA COUNSELLING CENTRE

Smiling doesn't necessarily mean  
you're happy.

Sometimes it just means  
you're strong.



# LOYOLA COUNSELLING CENTRE

## Recipe For Happiness

- 1 bag of smiles
- 2 cups of sharing
- 2 lbs of positivity
- 1/2 cup of good humor
- 1 cup of self-esteem
- 2 spoonfuls of simplicity
- 1 dash of goodwill
- 4 drops of easy-going
- and 1 packet of life loving!



# LOYOLA COUNSELLING CENTRE

"THE PEOPLE WHO MAKE  
YOU SMILE FROM JUST  
SEEING THEM,  
THOSE ARE MY FAVORITE  
PEOPLE."

- KOI FRESCO -



© Lifehack



# **LOYOLA COUNSELLING CENTRE**

A young woman with long dark hair is smiling broadly, her hands resting on her cheeks. She is looking towards the right side of the frame, where the back of another person's head and shoulder is visible. The background is a plain, light-colored wall.

**MAKE SOMEONE SMILE  
EVERY DAY, BUT  
NEVER FORGET YOU'RE  
SOMEONE TOO.**



## SMILE QUOTES

" A smile is an inexpensive way to improve your looks."





# LOYOLA COUNSELLING CENTRE



**Start each day  
with a grateful  
heart.**





**If you want  
others to be happy,  
practice compassion.  
If you want to be happy,  
practice compassion.**

*—THE DALAI LAMA*

RD

LOYOLA COUNSELLING CENTRE

A perfect day is  
when the soul smile.

@therandomvibez

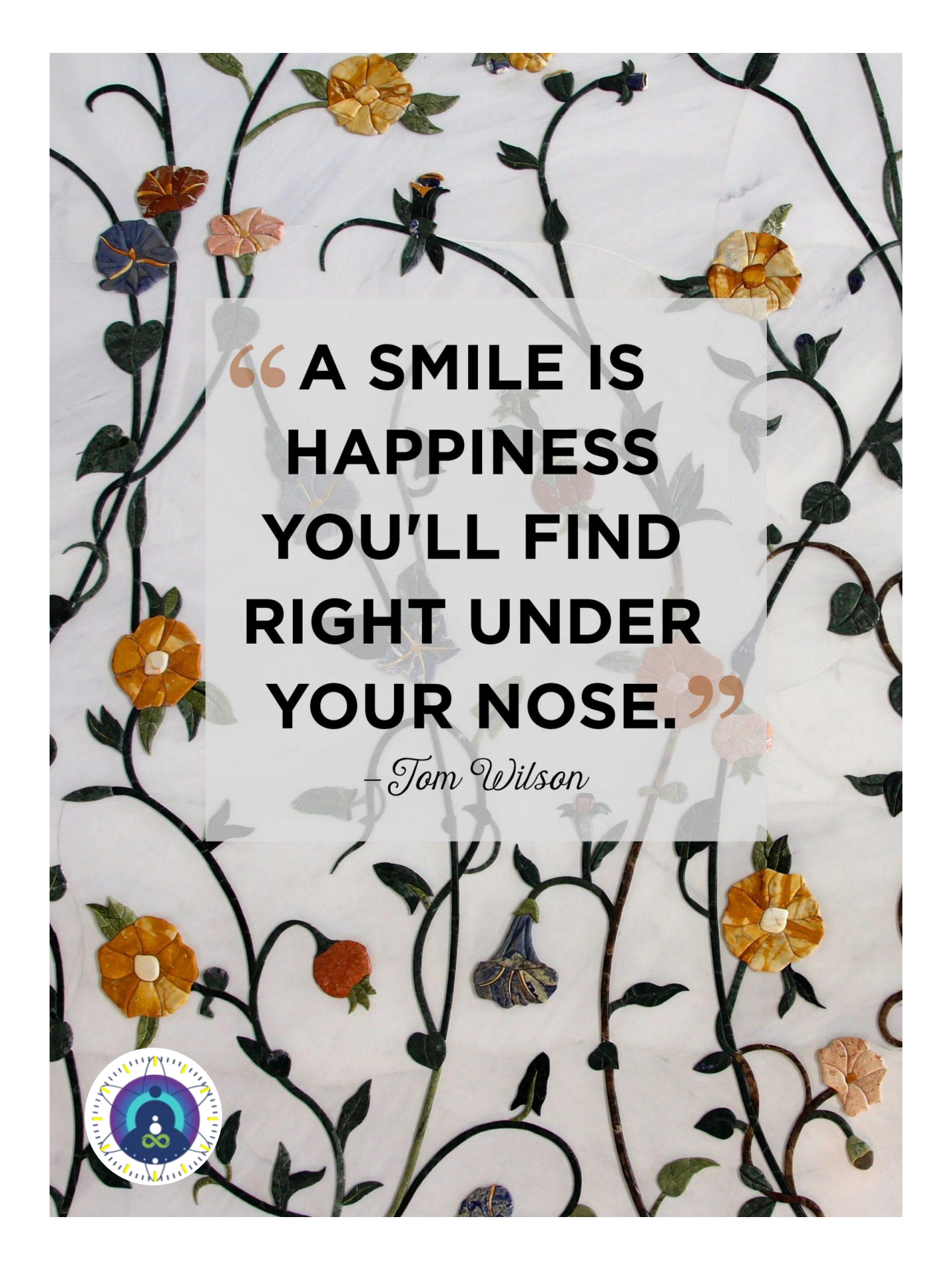


# LOYOLA COUNSELLING CENTRE

*If you see someone*  
WITHOUT A SMILE,  
*give them one of yours.*  
-UNKNOWN

KEEPINSPIRING.ME

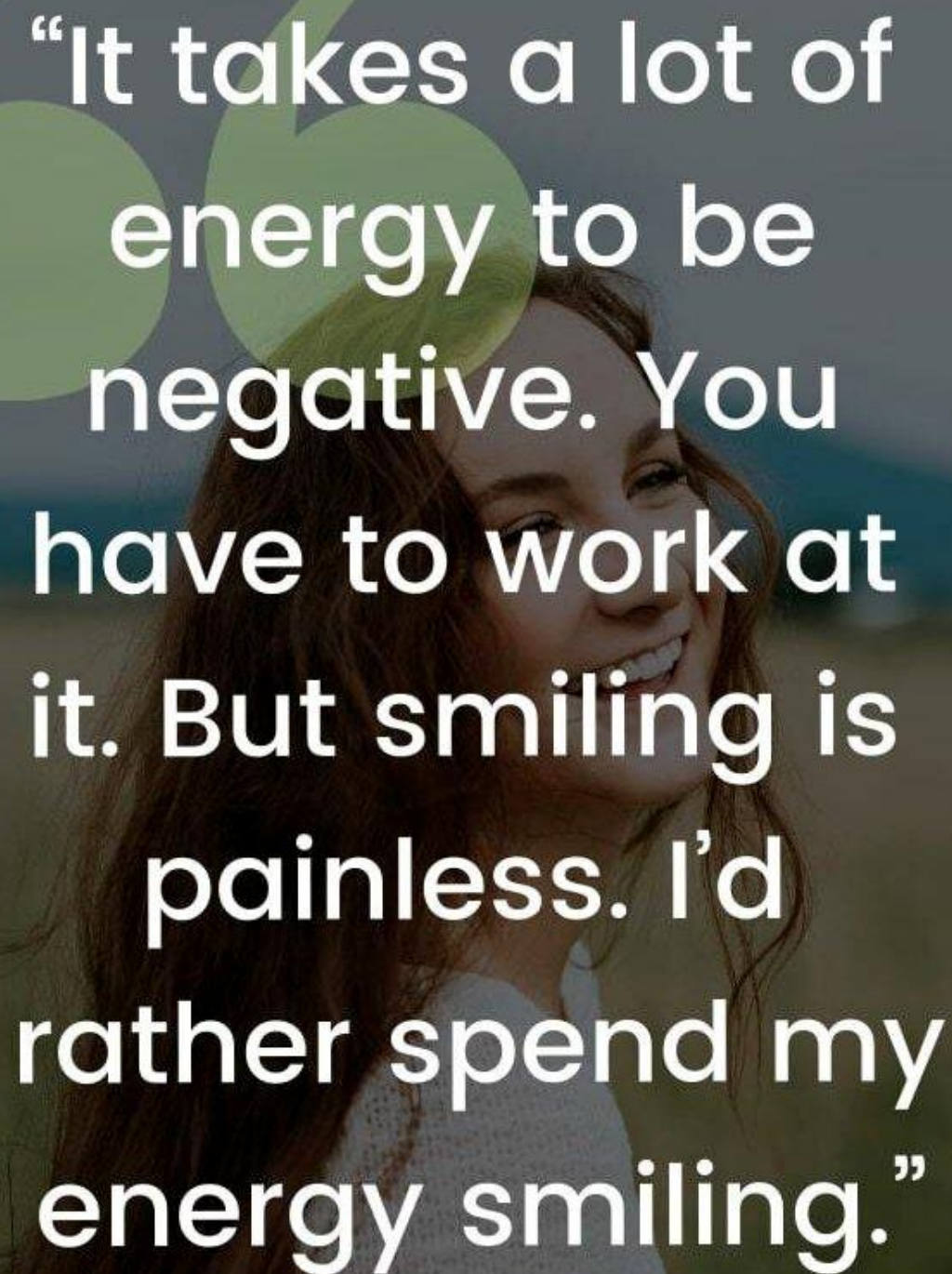




**“ A SMILE IS  
HAPPINESS  
YOU’LL FIND  
RIGHT UNDER  
YOUR NOSE.”**

*— Tom Wilson*



A woman with long, wavy brown hair is smiling and looking to her right. She is wearing a light-colored, possibly white, top. The background is a soft-focus outdoor scene, likely a field or park, with green grass and a blue sky. The image has a dark, semi-transparent overlay with large, light green quotation marks in the top-left and bottom-right corners.

“It takes a lot of energy to be negative. You have to work at it. But smiling is painless. I’d rather spend my energy smiling.”

- Eric Davis

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LOYOLA COUNSELLING CENTRE

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Smile,  
happiness  
looks gorgeous  
on you.

► SILPADA®  
*find yourself in it.*





**Personal happiness lies  
in knowing that life is not  
a checklist of acquisition  
or achievement.  
Your qualifications  
are not your life.**

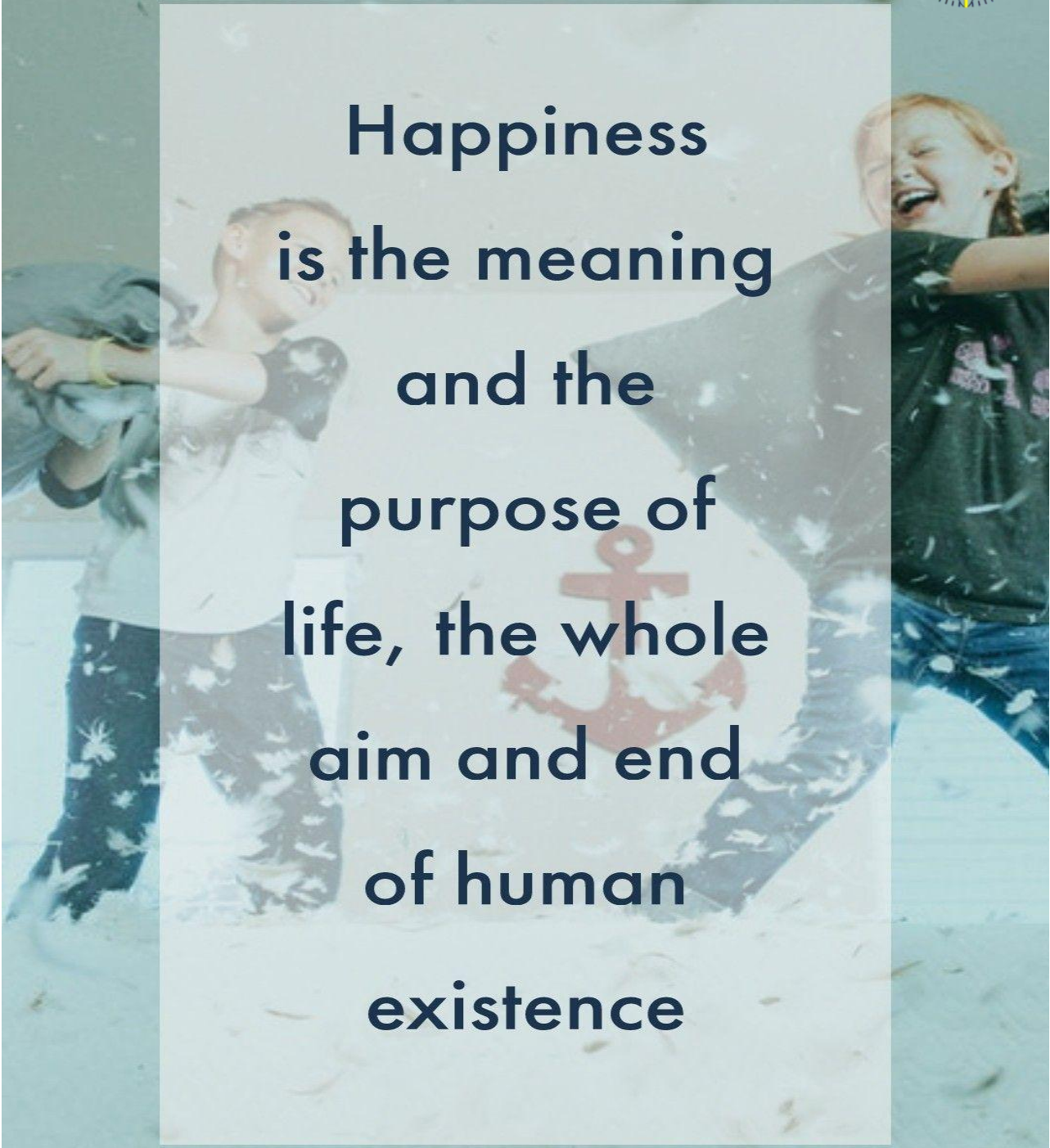
*—J.K. ROWLING, NOVELIST*







**Happiness  
is the meaning  
and the  
purpose of  
life, the whole  
aim and end  
of human  
existence**





**If you have  
the power  
to make  
someone  
happy, do  
it.**

**The world  
needs more  
of that.**

**-Unknown**

**RANDOM ACTS OF KINDNESS  
FOUNDATION™**



**LOYOLA COUNSELLING CENTRE**