


The *Get Happier* Project *Framework*


1. **OPEN ROADS OR DEAD END ROADS**

How do I create great relationships and feel good about myself?
The Open and Dead End Roads



5. **THE FOUR WHEELS**

How do I understand and manage my feelings?
The Four Wheels



2. **THE WINDSCREEN**

How do I see new opportunities and transform my reality?
The Windscreen



6. **THE STEERING WHEEL**

Where do I really want to go?
The Steering Wheel




3. **THE DRIVER'S SEAT**

How can I be in charge of my life?
The Driver's Seat




7. **THE MAGIC QUESTIONS**

How do I solve problems and get the best out of life?
The Magic Questions

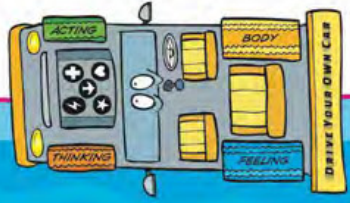


4. **THE ENGINE**

What is my source of energy and power?
The Engine



Putting it all together!
A framework for personal wellbeing, mental health, counselling, leadership and achieving purpose and meaning in life.




www.gethappier.net

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