



Happiness Formula

By Blue Eden Project



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How to be happy?

- ✓ **Keep a healthy lifestyle**
- ✓ **Be financial worry-free**
- ✓ **Doing something new**
- ✓ **Doing something fun**

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Healthy Daily Life



9 hours of good sleep
and rest often



Healthy recipes and
2 liters of water



Good hobbies and fun
activities with others



Exercise plan and
hygiene routine

A photograph of a desk with a laptop, a white cup, and a small potted plant. The image is overlaid with a semi-transparent purple rectangle containing text.

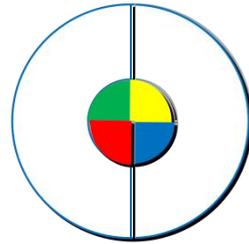
Accumulate Wealth

*Find jobs, save money,
make investments, use
leverage, and compound
growth of wealth.*

Doing something new and fun

**Play a new game with friends
Travel to a new place
Listen to best new music
Watch a best new movie
Read a new exciting book
Have new arts and collections**





Welcome to Blue Eden

Make the World a Better Place