# Well-Being in Our Lives

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# True Prosperity

- Prosperity isnt just about having money or possessions.Its about feeling happy,healthy and balanced in life.Its means enjoying your reletionship, having peace of mind and doing things that give your life meaning. When you feel content and secure,thats real prosperity.

# Teen Prosperity: More Than Money

***Happiness and Fun :*** *For a teen,prosperity means enjoying life,laughing with friends and spending time on hobbies or activities they love .These moments make life fun and meanigful.*

***Growth and Learning :*** *True prosperity comes from trying new things and discovering your talents .Its about learning from mistakes and setting small goals for the future .*

***Health and Energy :*** *Taking care of your body and mind helps you feel strong and energetic .Staying active and keeping a healthy mindset makes everyday life more enjoyable.*

***Connections and Friendship :*** *Having friends who understand you and feeling supported by family or other people makes life easier and more enjoyable .*

***Peace and Calm :*** *Feeling safe and secure at home and school , managing stress and taking quiet time to recharge are all important for feeling balanced and happy.*

# Words of famous Quotes

- "Happiness is not something ready made.It comes from your own actions"-Dalai Lama
- "For every minute you are angry you lose sixty seconds of happiness"-Ralph Waldo Emerson"
- "Success is not the key to happiness.Happiness is the key to success"-Albert Schweitzer
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