



North East  
Humanists



## FINDING HAPPINESS HAVING A GOOD LIFE FEELING FULFILLED



**Humanists believe we only live once.**

**So, we should make the most of this life for ourselves and others.**

### **What makes life fulfilling?**

#### **It could be**

- **Forming good relationships with family and friends**
- **Being kind and helping others to enjoy life**
- **Curiosity, exploration, learning and discovery**
- **Working to benefit humans and reduce suffering**
- **Taking care of the natural world and other living things**
- **Enjoying art and music, sport and physical activity, having fun**

*Adapted from Humanists UK*

### **And what about YOU?**

**What makes your life fulfilling?**