

Horizontal Happiness image here

# Utopia Journey Guide

## 1 - Quick Step Guide to Inspiring Happiness

Good mental health aids happiness, and happiness inspires motivation. *'Toward Utopia – The Movement'*, (a positive collective of people from the general public, who are actively contributing and supporting, or interested in the progress of humanity toward a healthy, happy, harmonious society), were asked *'How can the general public support good mental health in society?'*

We shared the following ideas. Please read and share this quick step guide, to help promote happiness in society:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

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