

# THE WELLBEING MANIFESTO

## DANISH SECRETS TO HAPPY LIVING

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### 1. ATMOSPHERE

*Turn down the lights.*



### 2. PRESENCE

*Be here now.  
Turn off the phones.*



### 3. PLEASURE

*Coffee, dark chocolate,  
cookies. Gimme! Gimme!  
Gimme!*



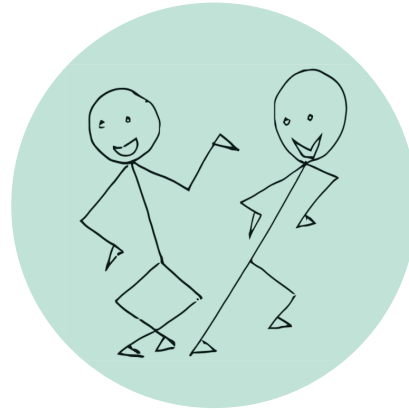
### 4. EQUALITY

*"We" over "me". Share the tasks  
and the airtime.*



## 5. GRATITUDE

*Take it in. This might be as good as it gets.*



## 6. HARMONY

*It's not a competition. There is no need to brag about your achievements.*



## 7. COMFORT

*Get comfy. Take a break. It's all about relaxation.*



## 8. TRUCE

*No drama. Let's discuss politics another day.*



## 9. TOGETHERNESS

*Build relationships and narratives. "Do you remember the time we...?"*



## 10. SHELTER

*This is your tribe. This is a place of peace and security.*