What Is Happiness?

Happiness doesn’t just happen – it has to be made, it has to be produced, created, discovered, built from the ground up. And it has to be a decision in one’s mind: the decision to be happy. It is really simple, believe it or not. One must have a conviction to be happy no matter what trouble life throws at them; because life can certainly disrupt a person’s happiness, getting in the way of them enjoying their own life, with all the countless and never-ending mishaps and suffering. Happiness is something that comes to those who expect it and therefore deserve it.

Having gratitude – the quality of being thankful; a readiness to show appreciation for and to return kindness – is another way people of all cultures cultivate happiness. Instead of focusing their mental and spiritual energy on negative things, like bills, financial problems, health issues, happy people focus on being alive and not decrepit, having people to love and support them, waking up in the morning, having a purpose to fulfill, being able to breathe and think and eat and pray and love. They are grateful for anything and everything. Happy people make gratitude a daily habit, even a ritual.

"You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life". Albert Camus

People are probably so lonely much of their lives that they fail to recognize toxicity in their relationships. Negative, selfish and untrustworthy people do their friends more harm than good just by being around them. Life is pretty
lonely, and people are lonely. People die alone soon after they are brought into this world alone. But happy people don’t focus on this. They focus on building healthy, happy relationships with people because they know how important people are to their quality of life, if not only for this reason. People need the company of others to combat their feelings of loneliness, which could likely cause one to dwell on negative things, like death, problems, and hardships, etc. So people must be very careful and picky and skeptical when getting close to people and allowing strangers into their lives. Not everyone has good intentions. Many exploit others’ kindness. It happens to the best people out there.

Happiness also is dependent upon how one spends their time, as in their job. Most of the workforce spends at least 40 hours working each week; that’s at least 160 hours a month, and close to – if not more than – 2,000 hours a year doing their job. This means that to be happy, one may have to make crucial decisions regarding the job or career they choose. Their job makes them a worse person, a person they don’t want to be, if this job causes them to resent their life, they should probably be looking for another job. It doesn’t make them happy, it doesn’t fulfill them – and it actually detracts from their happiness.

In conclusion, happiness can most certainly be obtained – and not just momentary happiness, either, but true, long-lasting happiness, which is not something that just comes to a person; in fact, most people have to work very hard for a very long time to be happy, to create, and to produce, it. But it is something that a person can create on their own. It is not unattainable. Happiness can happen to anyone, mostly because everyone deserves to be happy.