



FINDING TRUE HAPPINESS

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Finding true happiness is hard to find, though if you delve deep down inside you, it can be found within the depths of your heart. It is right through our inner self that only we can ever say what it is that can make us truly happy. If we talk about the sciences, it is said that about 50% of our genes comprise our attitude and character. Although some behavioral geneticist believe that how and whatever we feel during a given time frame can be determined by whatever we are experiencing at that particular moment of time. This is actually determined by approximately 90% of our genes.

Whatever it is, everything boils down to the fact that in finding true happiness, we can account it to the experiences that we encounter. That is, how meaningful and pleasurable do these moments register in our life. I believe that true happiness comes from within, our focus on being contented, our personal values and loving others too. It's up for us to decide and make that intentional choice of being happy. Make that commitment of happiness by telling yourself at the start of the day that you are truly happy.

Stop chasing happiness for we should be happy with what we are right now. It is because God gave each one of us talent and each one of us is unique in our own special way. Knowing this is more than enough to reach for the stars and make the world a better place to live. If we never cease to do this, we might miss the happiness that is right under our nose. Let us not only try to enrich our lives but also other lives too and that can be done best by investing in our relationships with our family, friends, colleagues and community. If you extend love to others, you will feel great and happy and this is the best investment that we can ever have.

We should learn to be grateful throughout the day and happiness follows. Try to see life in a different perspective and learn to forgive those who have wronged you by taking off those grudges and hurts inside your heart. You can also create good times for yourself by enjoying your life and doing the things that you love to do. Don't forget to lighten up your day and laugh your heart out knowing full well the medical benefits that laughter can bring us. Stay happy by constantly being connected to God and draw strength from Him. The secret to finding true happiness is by acknowledging God in our life, thus we can attain spiritual happiness.

Let us keep in mind that life is a grand event and we should celebrate our life with the people around us. Don't wait for others approval but instead recognize your accomplishments in life no matter how big or small it is. There is no other time and place for finding true happiness for you could make it happen right here and right now!

Questions for discussion:

1. What is true happiness for you? Describe it.
2. Do you believe that true happiness comes from within? Explain your answer.
3. How can you attain true happiness?
4. Do you think you have achieved true happiness at this moment and time of your life? Why or why not?
5. Have you made a commitment of happiness to yourself? If yes, justify your answer but if not, when do you plan to do it?