



YOUR 6 STEPS TO HAPPINESS

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The pursuit of happiness is one of the basic elements of human existence. We want to be happy. So why are so many people unhappy then? Most likely people are not happy because they are missing one of the keys to happiness. The most important key to your happiness is determining that you will be happy.

The pursuit of happiness is a fundamental human desire that has been sought after by individuals for centuries. It is a universal goal that transcends cultural, social, and economic barriers. Despite its universality, the pursuit of happiness is often elusive and can be difficult to achieve. In this article, we will explore the nature of happiness, the factors that contribute to it, and the strategies that can be employed to pursue it.

Happiness is a subjective experience that is difficult to define. It can be thought of as a state of mind or an emotional response to life's experiences. Happiness is often associated with feelings of joy, contentment, and satisfaction. It is a positive emotional state that is characterised by a sense of well-being and fulfilment.

Research has shown that happiness is influenced by a variety of factors, including genetics, personality, and life circumstances. While genetics and personality traits may play a role in determining happiness levels, they are not the sole determinants. Life circumstances, such as relationships, financial stability, and health, also contribute to happiness.

One of the key factors that contribute to happiness is social connections. Positive relationships with family, friends, and romantic partners have been shown to have a significant impact on happiness levels. People who have strong social support networks are more likely to report high levels of happiness than those who do not.

For many people, their happiness is not a priority in their life. Too often, we put the happiness of others before our own. While this may please our children, spouse, or boss, this is not the path to happiness. This doesn't mean you should make yourself happy at the expense of others, but you must remember that the reverse should also not be true -- your happiness should not be sacrificed to make others happy.

Another factor that contributes to happiness is a sense of purpose or meaning in life. People who have a clear sense of purpose, whether it be related to their career, family, or personal interests, are more likely to experience high levels of happiness. Having a sense of purpose provides individuals with a sense of direction and can give them a greater sense of satisfaction and fulfilment.

HAPPY TIMES

Once you have determined to make your pursuit of happiness a priority you need to determine just what it is that makes you happy. Spend some time reviewing the happy times in your life. Think about memories that make you smile or activities that make you joyful. Can you find a common element or theme? Then that is one of the keys to finding true happiness for you.

Now that you have identified what makes you happy you need to engage in that activity. Perhaps you need a creative outlet? Join a writing group, take an art class, or learn an instrument.

Do you need physical activity? Then find a way to get back into a sport you love or start a new one.

All that is necessary is that you find a way to reconnect with this key element.

PEOPLE POWER

However true happiness for most of us is not dependent solely on finding that one key. For most of us, we also require special people in our lives to be happy. Perhaps you have lost touch with someone important and can reach out to them. Or perhaps it is simply a time to plan some special time with family.

GIVING

Another essential to finding true happiness is to give of ourselves as well. Helping others in both small and large ways can help make you happier and more content. You might even be able to find a way to combine giving and engaging in an activity that makes you happy. For example, if you love to make people laugh you could organise a community talent show as a fundraiser for a local charity. Finally, make a list of all the aspects of your life that do make you happy. So many of us get down because we dwell on the negative, but usually, there is something about your life that makes you happy. Make a list of these items so you can have a quick mood enhancer when you feel down.

SELF ESTEEM

It is so important to prioritise self-esteem in our lives. One way to achieve this is by treating ourselves the way we treat a trusted friend or family member friend. Reframing our thoughts and treating ourselves with kindness and fairness can make a significant impact. Furthermore, it is great to allow ourselves to be vulnerable, even in a professional setting. Acknowledging our weaknesses and addressing them can help us grow both personally and professionally. Acknowledging your weaknesses and opportunities for growth is a crucial step towards self-improvement and boosting your self-esteem.

SMILE!

Did you know that smiling not only happens when you're happy, but it can also make you happy? Smiling causes the brain to release dopamine, which is known as the "feel-good" chemical. Researchers have discovered a fascinating phenomenon called the "facial feedback hypothesis," which suggests that facial expressions can affect our emotions. Of course, that doesn't mean you need to force a fake smile all day long, but if you are feeling a little low, smile and see what happens!

GRATITUDE

Do you know that being grateful can do wonders for your mood? Yes, it's true! Just a simple act of gratitude can give you a big boost, and the benefits don't end there. Exciting, isn't it? Here's a fun idea to try - start each day by acknowledging one thing that you're grateful for. It can be as simple as the warm sunshine or having a good cup of coffee. You can easily do this while laying in bed in the morning or before you go to sleep.

As you go about your day, make it a point to keep an eye out for pleasant things in your life. It can be something small like a kind gesture or something big like a goal you achieved. Appreciating these things will make your day interesting and fulfilling.

With a little effort and practice, you can train yourself to be more mindful of these positive moments around you. Trust us, it's worth it! So, go ahead and embrace the attitude of gratitude!

In conclusion, the pursuit of happiness is a universal goal that is sought after by individuals around the world. While happiness is influenced by a variety of factors, including genetics, personality, and life circumstances, several strategies can be employed to pursue it. By focusing on social connections, a sense of purpose, and gratitude, engaging in activities that bring joy, and taking care of oneself, individuals can increase their chances of experiencing high levels of happiness.