Happiness

Everyone dreams of a happy and full life; some find it, but others search endlessly. Such people may feel that they have reached a dead-end and become cynical or lose hope. But what, in truth, is the happiness that they are searching for?

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When you wake up in the morning, take a moment to exercise, then enjoy breakfast and your favourite song. Only then begin your tasks for the day. Such small actions bring joy. During your day, look to help someone; this can bring warm feelings and a sense of effectiveness and self-worth. Spend time with your loved ones or doing things that you enjoy or that challenge you. Overcoming small challenges can give you a feeling of accomplishment.

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Simply being born creates the possibility of great happiness, but many do not realise this, instead daydreaming about a perfect or distant happiness without understanding that happiness is always an experience in the present, never a goal postponed to the future. As long as you are true to yourself, cherish what you have, have compassion for others, and embrace both success and defeat, happiness can be yours today without searching.

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Is happiness something you feel today, or only something that you can feel in the future?

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Does happiness only come from big things, or can you find happiness in small moments every day?

What things make you happy each day?