How to be truly happy

It is beyond doubts that what we value as riches in our lives decide whether we are happy or not and different person may have different values on happiness. For the majority of the population, they believe making more money will make them happy. However, Jack Ma, who is the richest man in China said: "I don't like money. I'm not interested in money." Take a more extreme example, Helen Keller, a deaf-blind writer, whose lifelong wish is to have three days to see the world.

As I mentioned above, we can't deny the importance of material wealth in building up a happy life. As the saying goes, money is not everything but we can do nothing without money. In "Maslow's hierarchy of needs", material wealth belongs to physiological needs and safety needs, which are the bottom of the hierarchy. It means that if someone wants to satisfy higher demands, he must get material wealth first. And we can draw a conclusion that material wealth is the basic condition of happiness.

When someone's material wealth can meet the needs of his physiology and safety, he can do something else to build up a happy life. Firstly, love and belonging can contribute to happiness. Living with family members and friends is the easiest way to be happy. Of course, find a person who you love is a better way. Secondly, try to find your purpose in life. Explore exactly what gives you a sense of purpose and how you want to pursue this purpose to give your life a greater sense of meaning. Finally, try to be more confident to prove that you can increase your happiness.