Timothy Street

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The Pursuit of Happiness

*Happiness* is probably the most important emotion. In many ways’ happinessis what shapes someone’s life. Happiness is so much more than just a word. Happiness it the greatest feeling in a person’s life. People find happiness in hobbies, healthy relationships, and fulfillment.

Firstly, happiness is about what brings people joy*.* For example, it could be a hobby. A hobby could be drawing, playing a sport, or any activity that could make someone happy. Finding what someone enjoys doing is the first step to happiness. What someone enjoys doing truly defines them as a person. Hobbies help bring happiness to people’s daily lives. Even if a person is having a bad day, they can start doing something they enjoy and find a little bit of happiness. Hobbies help someone meet different people; then, they can form beneficial relationships.

Additionally, happiness comes from healthy relationships. People find happiness in their family and close friends. Being in the presence of loved ones is where someone can find true happiness. Healthy relationships have a positive effect on people. Having positive relationships in life is just one step towards happiness. Being in healthy relationships greatly affects someone’s happiness. Loneliness is one of the greatest enemies of happiness. When people are lonely, they begin to feel sad instead of happy. Positive relationships help build someone up and lead to a more fulfilled life.

Finally, happiness is found in fulfillment. Achieving success brings people happiness. Being unfulfilled brings people sadness, which is the opposite of happiness. Success breeds happiness; specifically, the feeling of glee when someone gets their dream job or wins the big game they were practicing for. The rush of happiness someone gets from completing his or her goal is just indescribable. Successful people just tend to be happier. It seems pretty obvious that the more successful someone is in the life the happier they are. Sometimes it is just the little successes in life that bring happiness. Like passing one test or cleaning a room. It does not always have to be a massive success for someone to find happiness.

Overall happiness is one of the best things someone can experience in life. People find happiness in hobbies, healthy relationships, and fulfillment. Happiness is really the best feeling in the world. People will do many things in their life to stay happy.