Happiness is the ability to make the most of what you have

Happiness is something that is solely dependent on the person that experiences it. Everyone has the ability to experience joy, but people have the tendency to ignore the good things in their lives. Everything happens for a reason in your life. Every negative can be turned into a positive. A person’s happiness is not something that can be bought or can be materialized or explained just by some items. In my opinion, happiness is the ability to make the most of what you have.

The world is not fair at all. If it was, everyone would have had equal opportunities, and equal rights. We are striving to achieve such a world, but still we are not living in one.Thats why a person can feel happy, when he feels he has achieved something, despite everything that has tried to stop him. That's why I think a person can feel happy only when he feels fulfilled by everything he has done. Even though he has experienced hardships, he has overcome them. He is feeling whole and that’s why he is feeling happy. Often people appear in this world and have nothing. Their parents can be poor, they can live in a “third-world country”, or worse - they can have no parents. But if someone is willing to put aside the negative, work on himself and strive to achieve his life goals, he can truly feel fulfilled and happy.

Even though happiness is something deeply personal, everyone can agree that being happy is going hand in hand with being able to achieve what you desire. Of course the desires vary from person to person. To achieve what someone wants is to know how to do it and then do it. Understanding how is in the essence of being able to make the most of the situation you are in. If you are unhappy, in my opinion, you’re not having your goals set right. A lot of people are unmotivated, depressed just because they do not know what they want in life. They can have some goals, but they are deceived. Not understanding what you want in life is O.K. for some time, but eventually you need to set your goals that will lead you down the path of fulfillment and happiness.