



They found three factors that are very important for achieving happiness. So, let's look at these factors now. The first personality factor is that happy people are satisfied with themselves.

This means that they like themselves as they are and they're happy with what they have. Happy people may not like everything ~~they~~ about ~~their~~ life. They may be a little bit overweight or may not have the best job or may not live in a big fancy house, but they don't need to change those things to be happy.

They think more about the things they are satisfied with, not the changes they want to make. This feeling of happiness comes from the inside not from something outside. So,

So, happy people feel ~~sa~~ satisfied with themselves.

On the other hand, unhappy people are often dissatisfied with themselves. They feel that something must change so they can be happy. They think if they lose some weight or get a better job, or a nicer house, they will be happy.

They ~~are~~ are always looking for something outside themselves to make them happy, but the problem is they never find it. No matter what they get, they're still dissatisfied and unhappy.

The second personality factor is that happy people are optimistic.

They look at the side of life, not the negatives. Now, we ~~are~~ will have problems whether we're