Happiness Comes from Within

As we now know that we can’t buy happiness with money and there is no other shortcut to happiness. It is something that you feel from within.

In addition, true happiness comes from within yourself. Happiness is basically a state of mind.

Moreover, it can only be achieved by being positive and avoiding any negative thought in mind. And if we look at the bright side of ourselves only then we can be happy.

Happiness in a Relationship

People nowadays are not satisfied with their relationship because of their differences and much other reason. But for being happy in a relationship we have to understand that there are some rules or mutual understanding that keeps a relationship healthy and happy.

Firstly, take care of yourself then your partner because if you yourself are not happy then how can you make your partner happy.

Secondly, for a happy and healthy relationship give you partner some time and space. In addition, try to understand their feeling and comfort level because if you don’t understand these things then you won’t be able to properly understand your partner.

Most importantly, take initiative and plan to go out with your partner and family. Besides, if they have plans then go with them.

To conclude, we can say that happiness can only be achieved by having positive thinking and enjoying life. Also, for being happy and keeping the people around us happy we have to develop a healthy relationship with them. Additionally, we also have to give them the proper time.

**FAQs about Happiness**

**Q.1 What is True Happiness?**  
**A.1** True happiness means the satisfaction that you find worthy. The long-lasting true happiness comes from life experience, a feeling of purpose, and a positive relationship.

**Q.2 Who is happier the rich or the poor and who is more wealthy rich or poor?**  
**A.2** The poor are happier then the rich but if we talk about wealth the rich are more wealthy then the poor. Besides, wealth brings insecurity, anxiety and many other problems.