

# Happiness is a journey, not the goal.

*And Every Step Counts.*

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**What** do you think of when you imagine a happy person? Do you picture someone who is bursting with laughter, unable to hide their teeth? Or do you imagine someone relaxing in the comfort of their home reading their favorite book? Or a date with your partner, partying with your friends? Whatever it is that you imagine, those specific scenarios from your mind that give you an immense sense of satisfaction and pleasure, that's joy, surely, but happiness in general is a much more complex and wide term.

***“You can be happy and still be hit by grief, stress, or anger.”***

When you are struggling with complex emotions such as grief or anger, how you deal with the problems is generally dependent on how happy and secure you feel in your life right now. So, you might have been struggling, but your long-term stable happiness gives you the strength to fight your grief and the negative emotions. Happy people are able to bounce back to their lives faster than those who generally consider themselves less happy or too sad.

**But the question remains: how to be happy?**

Before answering this question, I would like to talk about struggle and hardships and how they affect the way you perceive happiness.

Happiness is the most sought-after feeling in the world and, oftentimes, the most misunderstood. Everybody wants to be happy, but not everybody realizes how every other emotion in your life can ultimately lead to you becoming one true happy person.

Imagine yourself being thirsty and looking for water—that's you on your pursuit of happiness—and imagine finding water somewhere along the way; the happiness and joy you would feel the moment your eyes land upon that glass of ice-cold water is immense compared to the joy you'd have felt had you been given a giant water bottle the moment you started looking for it.



*Yes, the struggle is real, but that's exactly what makes life worth living.*

Because after all, grief is temporary; happiness is eternal. All that you love, all that you struggle for, all that you hold dear, and all your dreams are happiness, but do you know what else is happiness? All your fears that you protected yourself from, your traumas that you fought hard against, your wounds that you healed, your pain that you moved on from, and you when you overcame all the bad things that life threw at you—that too was happiness. Not simply a sense of joy and contentment but feelings of growth and survival are what long-term happiness feels like.

Finding sweet spot between all your emotions is the key to having an emotional balance in your mind, and in turn being able to perceive happiness more freely and admirably.

To do this, some of the important things to keep in mind are

Realizing that you can't have everything but you shouldn't lose everything either. Determine your wants and needs, never compromise on your needs but learn to accept that not always people get everything we want either.

Feeling empathic towards those that are struggling more will help you appreciate the things you have taken for granted (it's okay, we all do that once in a while). The feelings of gratefulness will help you realising hope is always there, and it just might be another bad day, week, or even month, but not really a bad life.

It's okay to ask for help, and it's okay to choose better things, people and situations for your personal satisfaction, don't let guilt or self-doubts stop you from taking steps that will clearly be better for you in the long run. Don't let the question, "what will people say?" be a barrier to your own happiness!

Articulating good habits within yourself as in regular exercise and healthy diet will keep your body happy, and a happy body is what shapes the home of a happy mind after all.

If you realise you made a mistake then your next step should be finding out how to make it better instead of carrying the guilt. Acknowledging and accepting your wrongs doesn't make you inferior but sets you free from any negativity that might've impacted you later down the line. It's best to address complex emotions head on instead of letting them pile up and eat you away.

Accepting your grief, and giving yourself the time to move on but turn to healthy mechanisms such as therapy, hobby sessions, learning a new skill, going on a vacation, spending time with loved ones.

**It's okay to cry- Tears belong to happiness too.**

In the end I would just point out that on your way to happiness you would only encounter sadness, but that's because happiness is not an end goal, it's but a never-ending journey, and after all, *you're more likely to feel you're on top of the world right when you've gotten up after a fall*. So don't be afraid of falling, and you will continue to find the strength to get up every time, and you will find happiness like it's the most natural thing in the world, because it really is.