



*Today's Suggested  
Topic is...*

**Happiness**

**HAPPY  
JOYOUS**

**FREE**



# Happiness

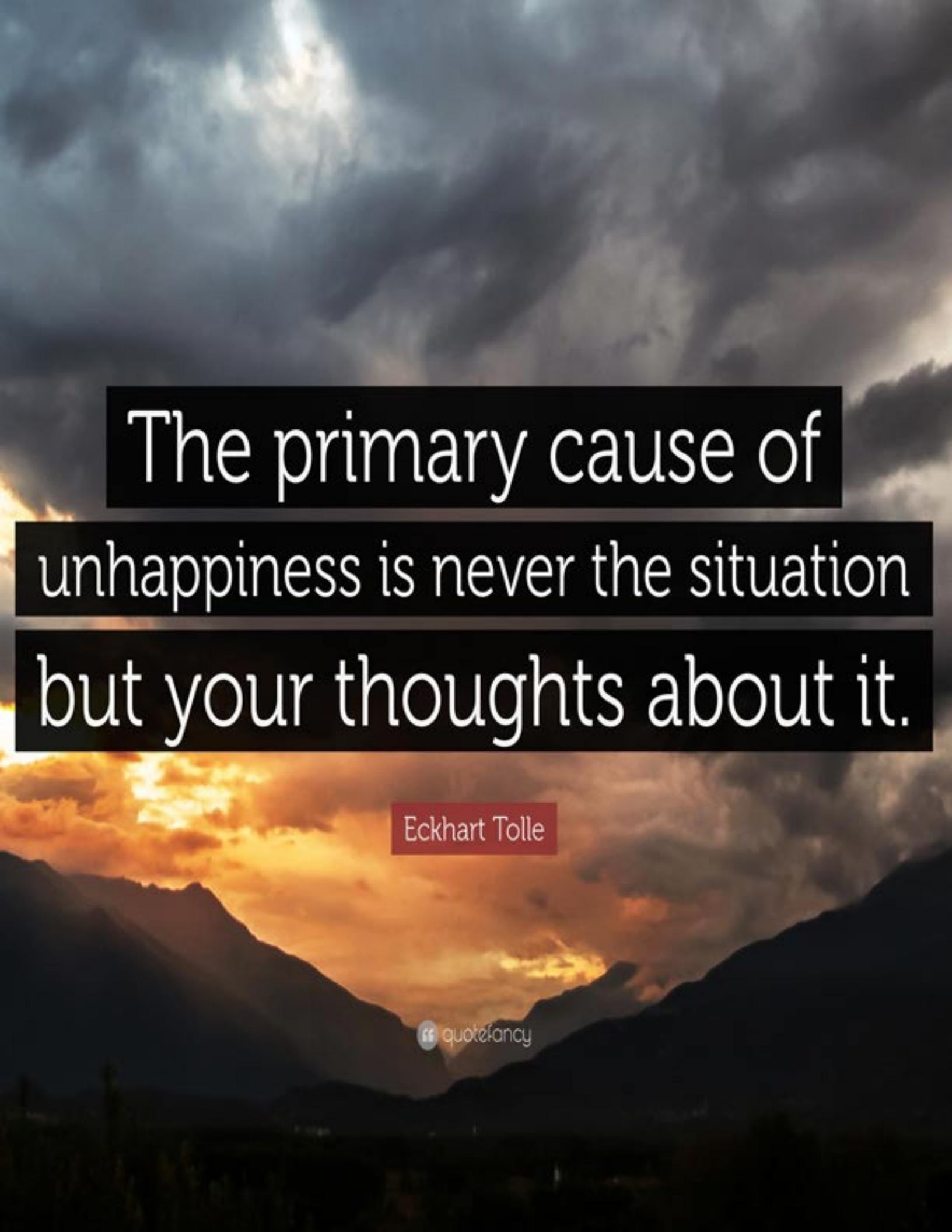
hap·pi·ness | \ 'ha-pē-nəs \ **noun**

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**a:** a pleasurable or satisfying experience.

**b:** the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.

THE KEY TO  
HAPPINESS  
IS LETTING EACH  
SITUATION  
BE WHAT IT IS  
INSTEAD OF  
WHAT YOU THINK IT  
SHOULD BE



The primary cause of  
unhappiness is never the situation  
but your thoughts about it.

Eckhart Tolle

# Overthinking

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is the biggest cause  
of unhappiness.



**"Happiness is found  
when you stop  
comparing yourself to  
other people."**

**HAPPINESS**  
comes from  
**WITHIN**  
and is found in the  
**PRESENT MOMENT**  
by making peace with the  
**PAST**  
and looking forward to the  
**FUTURE**

# Happiness

isn't about getting what  
you want all the time.

It's about loving  
what you have  
and  
being grateful for it.



The **HAPPIEST**  
**PEOPLE** don't  
necessarily have the  
best of everything;  
they just make  
**the best of**  
**everything they have.**



So you  
try to  
**ESCAPE**  
them ...

**START  
HERE**

... by  
retreating  
to your  
**HAPPY**  
**PLACE** ...



## THE HAPPINESS TRAP

... and now you  
find that your  
Happy Place  
has bred even  
more ...



... but your  
**HAPPY**  
**PLACE** is  
built from  
temporary  
and often  
toxic  
things ...

... which are not strong  
enough to keep them  
out forever ...

# Happiness

is not about what happens to you, but how you choose to respond to what happens. That's why it's called happiness not happenness — though it could be called hope-ness. You must always leave room for hope that all has happened for good cause.

OUR DAYS ARE  
HAPPIER WHEN  
WE GIVE PEOPLE  
A BIT OF OUR  
HEART THAN A  
PIECE OF OUR  
MIND.

**Some cause  
happiness wherever  
they go; others  
whenever they go.**



**OSCAR WILDE**

# Where is happiness made?



# Where is happiness made?



At the satisfactory.

# 7 Steps to Happiness:

Think Less, Feel More

Frown Less, Smile More

Talk Less, Listen more

Judge Less, Accept More

Watch Less, Do More

Complain Less, Appreciate More

Fear Less, Love More

I am in charge of how I feel  
and today I am choosing  
happiness.

fb/BreaktheSilentStruggle

