

Happiness is something everyone tries to achieve. But how exactly do we do that? Getting your goals straight is the first step.

Sooo try to think about the things that make you happy! For some people it can be a form of self expression for example drawing, painting or maybe even making music.

And for others it might be some sort of physical activity like playing baseball or even riding a bike.

Now that you have an activity that gives you joy, try to put it somewhere in your schedule. Developing good habits is a key factor to achieving true cheerfulness. Don't overwork yourself but remember to stay motivated! Even though times can get dark sometimes, never give up.

Surrounding yourself with motivated people is also important! Positive energy is a great source of motivation and joy. But never compare yourself to them. Keep in mind that we are all unique and special. You don't need to be as successful as others just stick with whatever makes you feel good about yourself!

I believe in you. As a wiser man than me once said - "No matter what kind of despair awaits you, hope will overcome it. The deeper and darker the despair, the brighter and more powerful the hope born from it". So remember to stay motivated and never give up!