

Hello, and thank you for taking the time to listen. My name is Lena, and I'm here today to talk to you about achieving happiness. Everyone dreams about being happy, but do we really know what that means? Many people think that things like having a lot of money or friends can guarantee happiness. In fact, happiness doesn't depend on outside factors and is something different for everyone. However, there are some certain things you can do to improve your chances of finding happiness in life.

For example, you should find a hobby. Do things that you enjoy because it can make you happier. If you choose a job that suits your interests, you won't be so exhausted by it. At school, try not to stress too much when it comes to your grades. You should be balanced and focus on learning subjects you like and those that will be useful to you in the future. If being nervous is what stands on your way to happiness, a great way to relieve stress is for example meditating or exercising. Many studies have shown that meditation, exercising and eating healthy food has a positive impact not only on our physical health, but also on our mood and mental well-being. If you want to be happy, you can try making others happy too - helping and doing acts of kindness for other people can make both sides feel satisfied.

These are a few of the many things that can make you happy. Remember that everyone achieves happiness in different ways, so if following my advice doesn't make you happy, just look for another way. No matter what, never give up on happiness! Thank you for listening.