

How can we achieve happiness?

This is a question almost everyone's mind came across in a moment of their existence. This question appeared in my mind when I was in the 8th grade. That year I had an important exam, and a lot of pressure was put, on my shoulders from various places like school, family, and friends. For example, even distant relatives that I hadn't talked to in ages were contacting me to say how noteworthy that exam was. During that time, I thought that happiness can come if you work hard enough towards achieving your goals. Fast forward to a few months later, I pass that marvelous exam with a great mark, and where was my happiness?

That year I learned that happiness could come if you act, but not every time you get the outcome you hoped for. All people say to work hard for achieving your dreams, so you can be happy. In my opinion, this is not true. If you are only focused on the destination, you will not enjoy the ride. It is crucial to take a step back and look around to enjoy the little things, that come along the journey.

You can never achieve a permanent state of happiness, so a good thing to start with is to acknowledge that happiness is just a temporary feeling. This way, you don't create high expectations that you are most likely not going to achieve. For me, living in the moment and not overthinking every step of the way has helped me tremendously with maintaining a positive mindset.

But how can we achieve happiness, and what steps can we make, to have a positive mindset?

The answer is simple you just live and look around you. Happiness is a very personal feeling, so it is different for everyone. A tip that I can give you is to act toward achieving well-being, but don't create expectations. One thing is clear if you don't take steps toward achieving your dreams you are not going to evolve. Taking action is the only way we can strive for happiness.

Another thing to have in mind is that it is normal to be sad and have bad days. Sadness can make us realize things and problems that we must solve, and after this feeling passes, we can be happy and more fulfilled. Even in nature, there are not always sunny days, there are also rainy ones. While experiencing sadness it is important to know that this state is temporary, and in a matter of time a rainbow will light up your pathway.

In the end, I want you to remain with this idea "Action may not always bring happiness, but there's no happiness without action" (W. James).