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# Spring Thesis

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Happiness is something that is longed for by many people. Most often the things that people expect to bring them happiness usually don't, for instance, someone may think that by accumulating riches and wealth happiness will be found. After accumulating all that they wanted the reality dawned on them that those things cannot accomplish or give them the life they wanted. Some other disturbing factor is that wealth and money cannot bring true happiness since the things that money can buy are limited. Health cannot be bought as well as happiness. Different people find happiness in different things and happiness comes as a result of satisfaction and contentment. It's important to find what one loves since happiness comes from doing what one loves most.

An individual who is happy is the one who is contented with whatever they are doing. This satisfaction is expressed in a number of ways for instance; joy as well as pleasure in what is being done. Happiness may be defined and achieved in a variety of ways and approaches which may entail both religious and psychological among many others. The difference between happiness and other essential life issues is that with happiness one has to make a decision to be happy despite of all the surrounding circumstances. Once this important decision has been made one will be able to be happy wherever they are and in whatever they are doing. No one else can make you happy unless you decide to be a happy person and this can be achieved by recognizing yourself and finding things that mean a lot to you. Happiness is made and not found and this can be achieved through self-actualization. Once you realize who really you are and the important things in your life you can pave way for creating your happiness by engaging in these activities.

One of the things that people think brings happiness is self-gratification yet it's not the case. The discovery of worth or purpose brings much contentment. Your expectations play a big role in creating your happiness since it has never occurred

to someone to be happy than they really expected. Hope is one of the characteristic of happiness. Expecting the best even in the worst circumstances yields happiness and a peace of mind. The reality is that happiness is not in the world or in some market since happiness solely lies in an individual as opposed to the outside world. Doing what one loves most brings satisfaction and contentment which later translates into true lasting happiness. It's also important to realize that true happiness mainly lies in giving out and not accumulating for yourself. When you pass it on to others it's automatic that you will get a few drops of the same. You can smile, hug and share with others as a way of pouring out to other people.

There is harmony that comes along with happiness and this harmony easily spreads to others meaning that it's something which is contagious. Many people are not happy because they are busy doing things to please others when they themselves are not happy with whatever they are doing. Passion and pleasure mainly reflects the found happiness. And these are aspects which cannot be hidden since they are clearly visible. Happiness indicates an inner well being and this is important in remaining healthy. The purpose and meaning of life is creating happiness. The religious people will say that it's the divine purpose of God for every man kind to be happy. And those who believe in God claim that true happiness can only be found in Christ and in doing good. Though everyone may have his own take on this issue the most important thing is creating your happiness and finding pleasure and joy in what you engage in.