Happiness is hard to find, and some people spend their whole lives earning promotions, earning money, and spending time with people only to find that happiness has alluded them. It is common knowledge that happiness is about more than objective wealth or what you do in life. It’s about your perspective, and about how you react to things that happen around you.

When you think you are truly happy, your heart tells you that you really are and in this way, your thoughts become happy, too.

In the book “Who Are You Who is Dragging Me?” by Ock Soo Park, an international mind specialist, happiness is being described as a state of mind. It inspires people to find their happiness in simple things they have in life.

According to www.openthemeeting.com, there are some critical traits that only genuinely happy people have, and if you want to find happiness and satisfaction in your own life, you’ll have to learn to incorporate them. These are the Seven Simple Steps to Find True Happiness in Life.

First, be grateful. You have to appreciate everything you have in life in order to be satisfied with it. If you don’t feel grateful, you will always end up looking for more, no matter how much you already have. Express also how thankful you are for all the great things you have in life.

Second, focus on the present. You should be focused on the present time. Happy people tend to live in the moment. It’s important to remember the past, but it’s harmful
to dwell in it. It’s important to plan for the future, but it’s harmful to obsess over it. Focus on being happy right now.

Third, have humor in anything. Humor is also important, no matter who you are or where you work. Even the simple act of smiling can carry healthy effects to our body. So if you want to be happier in your own life, start laughing and smiling whenever you can. Surround yourself with others who appreciate humor.

Fourth, be optimistic. The power of positive thinking cannot be overstated. Simply believing that things will work out in the end will help you manage your stress on a regular basis. Remember that optimists find the best in everything.

Fifth, unlock the happiness in you. Happiness isn’t about reaching a destination or achieving a goal; it’s about enjoying the journey that is life. You are in control of your own emotions, so maintain a better attitude and a better outlook, and happiness is sure to follow.

Sixth, share your happiness. People’s hearts must flow into one another’s, it’s what Mr. Ock Soo Park said. Happiness can be shared. We must feel others so we can understand them. When they felt us, we could be truly happy that we made them happy.

Seventh, feel other people’s hearts. When we learn to feel other people’s hearts, we begin to love each other. We desire to do something that will make that person happy. And that happiness we gave becomes our own happiness.

Relax. Repose. Be happy.
References:

www.openthemeeting.com

Ock Soo Park, “Who Are You Who is Dragging Me?”