

Happiness is considered very important in life.

Why is it difficult to define?

What factors are important in achieving happiness?

Happiness is one of the most important sentiments for everybody. But it is not easy to define that. What is exactly the meaning of happiness! Because it has variety-various/diverse aspects like emotion and personal relationship, wealth, health, and so on. Eventually, the definition of happiness sounds different from one person to another.

In this way, when there are variant individual definitions and people interpret it for themselves in many different ways, it is tough to give an accurate meaning for happiness. People find their happiness in matters which are much different to each other like loving relationship, making other people happy, having a suitable occupation or being professional, making welfare of family or being wealthy. But it does not mean that to have all of these brings a rejoicing and fortune and if someone does not have ~~has not~~ a single one of them is not happy and fortunate.

However, it is significant to understand that happiness occurs inside of every person. To figure out which cause happiness inside first we should have an ability to keep a clear perspective of our personality. It means that a person needs to know who she or he is, before being able to understand what makes him or her happy in life. We should know what makes us happy, for example, the quality of our relationships or money or health. Moreover, what does not? Or without it we are not happy.

To sum up, although self-awareness is also very formidable to attain, but it is the most essential issue in achieving happiness.