

It is true that happiness is **life's most cherished goal**, but since you can't find any two individuals with same expectations from life, it's definition may vary from one person to another. The same applies for the contributing factors.

Happiness is usually used to describe a range of positive emotions, including joy, pride, and satisfaction or absence of certain negative emotions such as fear, sadness, anxiety and anger. But to find a unique meaning to it seems like a very difficult task and that's mainly because of the fact that people see it from different perspectives. A specific way of life that is the most fulfilling for one person can be absolutely absurd for someone else. Therefore, it should be measured and described according to the circumstances and priorities of each person alone.

With regard to happiness, several items can be named as effective factors and the most relevant ones are physical health, financial security, being socially and emotionally supported by their loved ones, to name but a few. In my point of view, however, it's our own attitude towards life that makes us feel happy or unhappy. In order to be more content in life we should develop a "positive thinking style", meaning to always find a way to look at the bright side of every happening and choose not to get hung up on the undesired things that we are encountered with everyday.

To conclude, in spite of being a personal understanding of life, people can find their own way of enhancing their inner peace and satisfaction , therefore happiness.