

Many people believe that individuals are responsible for their own happiness, while others think happiness is dependent on other external factors. Discuss both views and include your own opinion. Give reasons for your answer and examples from your experience.

Recently, as consequences of our sophisticated world, reaching happiness, due to its crucial role and huge impacts on people's life, has been considered significantly. Although many people believe that either wealth and material sources or emotions and personal relationship are tied closely to happiness, self-knowledge of what makes individuals happy could cultivate it in a permanent term.

Happiness is a state of being happy or showing contentment and satisfaction that includes various definitions among diverse individuals. Also, people often find it hard through different fields because it has known as a fleeting, changeable state and mostly depends on their current situations. For instance, some vital factors such as physical health, job satisfaction, ~~high-quality~~ ~~in~~ relationship, moral values and the peaceful environment can contribute to happy life. However, there is no guaranty of maintaining well-being with these conditions especially when a person have not a deep perspective of life purposes, challenges as well as personal growth, hence the importance of self-awareness.

Thus, happiness is based on one's full potential and operating at full functioning associated with self-confidence, self-~~steam~~ ~~esteem~~ and the other concepts of the self which means people do not require every ingredients of happiness sources in their daily life to be happy so that it can be obtained by finding joy in what they already have, however much or less they might seem. For instance, a man living with his three healthy children as well as ~~pleased~~ pleasantly/joyfully married feels satisfied and peaceful however relatively low-paid his job is-~~relatively low-paid~~, so positive feelings and thinking can lead to contentment improving mental health or even creativeness and productivity.

In conclusion, achieving an ability of finding what is important to every person's life besides self-happiness and keeping it in a clear sense could be linked to being happy.