

Happiness is considered very important in life.

Why is it difficult to define?

What factors are important in achieving happiness?

Many factors are related to happiness, but everyone has their comment about it. Some people search the happiness in wealth and money whereas others seek it in spiritual paths, so identical prescription cannot be explained for this issue.

Several factors like wealth, a proper job, having a goal in life affect ~~the~~ happiness but all of these things/factors are not definitive. For example most of the people in India are below the poverty line, but they are happy people or in several past years Greece was identified as a happy country whereas they have low gross domestic product (GDP), so it shows that defining ~~the~~ happiness for each person is different and cannot be the same for them.

On the other hand people must set goals in their life for achieving happiness. When they reach their goals, feeling of happiness comes to their life. But the goals of people are different and maybe the purpose of somebody is not suitable for another one.

Moreover, factors such as sports, a proper job, travelling, culture, loving relationships, helping others all contribute to happiness too. For instance, when you assist somebody the positive energy comes to you and it leads to better feeling and happiness or in travelling you can take the energy from nature and new places.

So overall, I believe that, happiness is related to factors like a suitable job, wealth, culture, good health, family relationship, sport and other positive things/elements. But each person has a different explanation from happiness that leads to different perceptions.