

# What Is Happiness? – Essay On Defining Happiness

## Outline:

- **What is happiness?**
  - The state of being happy
- Definition of happiness
  - The feeling of an emotion such as pleasure or joy, the appraisal of life satisfaction or the quality of life, subjective well-being, and eudaimonia.
- **Happiness synonyms**
  - Joy
  - Contentment
  - Satisfaction
  - Delight
  - Enjoyment
  - Carefreeness
  - Cheeriness
  - Etc
- **Different kinds of happiness**

- **Short-term happiness**

Short-term happiness is based on small and easy to obtain, yet rather unsustainable happiness. For example:

- Pleasure
- Joy
- Ecstasy
- Cheeriness

- **Long-term happiness**

The concepts that make up long-term happiness are:

- Contentment
- Satisfaction
- Well-being
- Carefreeness

## ● **A happy balance**

- You can only lead a truly happy life when you actively pursue both short-term and long-term happiness.
- It's important to find out what your perfect balance is.
- Focus 50% of your attention on short-term happiness and the other 50% on long-term happiness.
- You need to find out what happiness means to you, and how you want to pursue it.

They say happiness is a journey and not a destination. I think happiness can – and should – be both.

### **Real-life examples:**

- I go out for a long-distance training run in the pouring rain because I want to eventually finish another marathon in 3 months.
- Instead of just playing a videogame, I decide to write an essay about my understanding of happiness. Because it will grow my website, which will make me happy in the long run.
- I skip a snack because I want to maintain my weight.

The thing is, realizing the difference between short-term and long-term happiness makes it easier for us to pursue happiness in our lives.

## ● **Why eternal happiness doesn't exist?**

The answer is probably no. When repeated, the effect of the same event on your happiness will diminish to zero. That's because the norms of what defines your happiness are constantly adapting. Your happiness equation transforms with your changing life, whether it's for better or worse.

## ● **Why eternal happiness can still be pursued**

Don't think that greater happiness can't be achieved. You just need to be willing to actively look for it in the right places. See, nobody on the internet will be able to define happiness for you. What makes you happy is a constantly changing equation that is unique in every way. It's up to you to define what makes you happy.

## ● **How to find your own happiness?**

- Your happiness equation is unique.
- Nobody can tell you what exactly to do in order to be happy.
- You can pursue both short-term happiness and long-term happiness. The key is to find the perfect balance between the two.
- You can be happy on the journey towards a happy future.

- **Defining your own happiness**

Consider your personal happiness for a moment.

- Think back at the last week, and remember what things or events had a positive influence on your happiness.
- Think of the things that really made you smile or feel satisfied with where you were or how you acted.

These are happiness factors that were a vital part of the happiness equation.

- **Closing words**

Happiness is different for every single human being on this planet.