

## Do you feel happy?

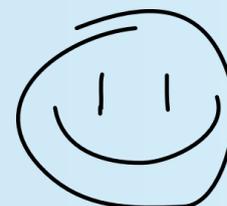
We all want to be happy; but happiness means different things to different people; and not everybody will be happy all the time. There will be many things that make you happy—while making someone else unhappy. Like: if you enjoy playing with your friends so much that you forget your homework. You may be happy while playing, but later you have to face your unhappy parents; and this could lead to an argument that makes you all unhappy.

I could be happy eating my favourite food; but only until I am full. Or I could be happy playing my favourite games with my friends; but there will be times when I've had enough and want new or different games. I also need a break from my friends. So we have to find a balance between what we want and what we need.

When we are young, we want to have fun – and life should be fun; but as we get older our views of what's fun will change! We then realise that we get the most enjoyment from doing the things that we've worked so hard to master.

Who knows what true happiness really is? I don't! You could spend your whole life searching for real happiness and not find what you're looking for. However, we do know that people are happiest when:

- They feel that they belong or fit in somewhere;
- They do things to help others; and feel appreciated for it.
- They get admiration for doing things that they are good at.
- They have healthy relationships; supporting others and enjoying their support.
- They make progress, by learning new things and overcoming difficulties.



At Winning Edge we aim to help people to be content with life in both good and bad times; and to find the goals that will build contentment...

Visit our website regularly and keep an eye out for Winning Edge Motivational Mailers for insight about finding and making your own lasting happiness.

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