What does happiness mean to you?

Happiness is a state of being we all strive for. For most of us, it's even a life goal. When you wish someone for their birthday, you wish them love, luck and happiness. When a new year rolls around, right before the clock strikes midnight, you tell yourself that this year you just want to be happy. When someone asks us what we want in life, the majority of us say happiness. It's everywhere, all around us. So how is it possible that we still struggle every day to even put a smile on our face and at least pretend to be OK? Well… As we all know: without the bad there would be no good. Which means that if we were born happy and never experienced any other emotions, we wouldn't even know that being happy is a good thing. We have to have our bad days to have the good ones.

But at the end of the day it all comes down to how we perceive things. Some people wake-up, see rain and their day is immediately ruined. Others wake-up, see rain and instead of letting such a small thing destroy their good mood, they get excited to wear their new raincoat.

We should make a conscious effort to try to see the positive things in the negative. I know it may be hard sometimes, but usually, in the long run, the bad times are the ones that helped us grow and evolve into the person that we are now.

Happiness doesn't have a true and single definition. It means something else to one person and another. I think that even we as individuals change our opinions on what happiness means to us throughout the years. When I was little, I was at my happiest when I got to play on the kindergarten playground with my friends or when I got a new toy for helping out with the cleaning. Nowadays, those things probably wouldn't mean that much to me anymore, not even talking 30 years from now.

I can't tell you what happiness will mean to me in a few years time, but I can tell you what makes me happy right now. A thought that might change in a year, month or even tomorrow. I don't know.

Right now I feel like I'm on cloud nine on the days that I hang out with good people, do things that I truly love and enjoy doing, not letting negative people or situations control my mood as much and going to bed knowing that I did my best and even if it wasn't the most amazing day ever, I know that tomorrow is also a day and things are going to be better.

We have to keep in mind the fact that real happiness always comes from within. We could be the richest, the most famous, beautiful and liked person on the planet, but if we aren't able to find happiness within ourselves we will never know what being actually happy really feels like. That's why sometimes when people are at their lowest point of their lives, they don't have anything or anyone to turn to for help, they live on the street, they lose everything they've ever had… That's when they finally realize what happiness is. And with that they also realize that maybe before that they never actually got the chance to feel true happiness.♥

Nella Durčáková, ZŠ Bakalovo nábř.8