

# HAPPINESS V



*“Most folks are as happy as they make up their minds to be.”*  
— Abe Lincoln

Happiness is sought all over the world.  
Everyone wants happiness in their lives every day.  
True happiness is to enjoy the present, without anxiety  
About the future along the way.

The Constitution gives people the right to pursue happiness.  
But you, yourself, have to make it your own.  
Happiness is the absence of striving for it.  
You are responsible for it; yes, you alone.

You must try to generate happiness within yourself;  
It does not come to you from the outside.  
Happiness is a direction, not a place or a thing.  
And when it comes to you — relax, let it reside.

Be happy for this and every moment!  
It's your life, after all, and you are in command!  
Happiness comes to you through your own actions.  
You must share it to enjoy it, you understand.

Happiness does not depend on what you have...  
It does not come to you from afar.  
Happiness is found in doing, not possessing.  
So, your happiness depends on what you are.

