

# Wes kleinsorge

[Life](#), [Friendship](#)



Wes Kleinsorge English Composition Ms. Cunningham 23 September, 2011

All About Happiness The word "Happiness" to me means something or some certain event that brings joy and good feelings to someone. The dictionary definition describes Happiness as: a mental state of well being characterized by positive emotions ranging from contentment to intense joy. Happiness is a combination of freedom, enjoyment, and accomplishment. One of the aspects of happiness is freedom. Having the feeling of freedom makes me feel in control and able to do what makes me happy which makes the event more enjoyable. A few months ago I purchased a motorcycle. Buying a motorcycle was one of the most exciting and enjoyable moments of my entire life. I was happy because it was a new adventure for me. It gave me a new feeling and sense of freedom. The shine, the newness, and the phenomenal condition all caught my eye when I first saw it. After I earned my license and learned how to ride I had a feeling of control of my own enjoyment. When I ride it all I can hear is the sound of the engine and the wind, and that gives me a feeling of adventure and freedom. I see another aspect of happiness for me is excitement. For my senior trip in March of 2011 I went on a trip to Texas with nine of my good friends. Being on a spring break trip with my friends and no parents made our friendship stronger. Having the excitement of being on our own and doing what we wanted made the trip much more enjoyable. The feeling of being out of school and away from home is exciting. Being on the beach and in the ocean was something I hadn't done in a while which made it fun. One other aspect of happiness is having a feeling of accomplishment. Last summer I had a serious problem with my golf game and lost a lot of confidence. At the

beginning of this year I finally gained that confidence back and was able to make the Pitt State golf team. I had a serious feeling of accomplishment when I became more confident with golf and being nervous with my putts. Being able to overcome my low confidence with my putting made me feel amazing inside and gave me a great feeling of accomplishment. It made playing for fun for me. The key to having a life full of Happiness in my life is having freedom, enjoyment, and having accomplishments. Happiness for other people could be composed of totally different things. The main thing that creates happiness for all people is joy and having fun. If you enjoy something then that will create happiness. Also having a good time and having fun, doesn't matter if it's with others, your friends, or yourself, having fun will make you happy and naturally create overall happiness.