

# [How to maintain a happy lifestyle assignment](https://assignbuster.com/how-to-maintain-a-happy-lifestyle-assignment/)

Society today defines happiness by wealth. Anybody can accumulate wealth easily but that does not mean he or she is happy. What is happiness for one person may not be so for another. How you achieve happiness Is different for each and every one. No matter how you define happiness for yourselves, there are countless ways In maintaining a happy lifestyle. BODY/ CONTENT Mall Point 1: Surround yourself with positively. Sub Points: From positive activities to positive people that will open doors for happiness Into your life.

Some may think that positive people are not realistic, that they are being naive, artificial and so on. Mall Point 2: Care a little less. Sub Points: Caring too much of what others think or say Is one of the biggest block to happiness In life. People will correctly every aspects In your life. Some with the Intent of ruining your happiness. Mall Point 3: Let go every once In a blue moon. Sub Points: Indulging and spending is not always bad. If you always count the calories or the money in your pockets you can never truly be happy. However, too much of something is never good.

Indulging in that yummy Belgium chocolate or buying that new Phone 6 plus will only bring about temporary happiness and when it ends people tend to have the need to seek for more. Happiness is not based on the fulfillment of wants and desires. Main Point 4: Spend time with friends and loved ones. Sub Points: Put aside your work or assignments, take a breath and just spend time with people that makes you smile. Studies proved that work orientated people or people who does not occupy a position in a social circle tend to be depressed. Main Point 5: Treat your body like it deserves to be happy.

Sub Points: Your mind and heart are not the only organ that deserves to be happy. Researchers suggest that exercise, a healthy diet and regular sleep are key factors in growing more happy and staying that way. CONCLUSION In conclusion, it is inside that happiness dwells. Happiness can be extracted from the simplest and commonest things in life. How to maintain a happy lifestyle By ancillaries not be so for another. How you achieve happiness is different for each and every one. No matter how you define happiness for yourselves, there are countless ways in

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