

I dont know

[Linguistics](#), [English](#)



Happiness: a personal experience Generally, happiness is considered as the by-product of success in life. To be specific, the exact reason behind happiness as a personal experience is yet to be identified because human beings are physically and mentally different. Generally, there are a number of factors in life which leads one towards happiness. Some of the most important moments/events in my life are pointed out here. Thesis statement: Memorable moments in life (driving a car, getting engaged and studying in the U. S.) can lead one towards happiness as a personal experience.

In my motherland, women are not allowed to drive vehicles. But in the U. S., there is no discrimination based upon sex. Here, women can get driving licenses and drive their cars. When I was able to get a driving license, I came to realize the real meaning of equality. For instance, in Saudi Arabia, it will be difficult for me to get a driving license. So, I learned the essence of freedom as a person with a driving license. Besides, driving a car changed me a lot. For instance, I can drive my own car without further assistance from others. This is really important to me as an individual from a male dominated society. To be specific, from driving a car, I learned to be the part of the mainstream society and it changed my attitude towards the U. S society. As an individual, getting engaged is an important event in my life. One can see that my education in the U. S. with scholarship helped me to have a suitable alliance. For instance, I made use of my education in the U. S. as an opportunity to be free from male domination. To be specific, most of the male dominated societies hesitate to allow independence to the womenfolk. The thing that I learned from getting engaged is that education can help one to choose the most suitable individual. Now I feel so happy because I am

independent to take decisions on my own. Seligman opines that “ Happiness in the present moment consists of very different states from happiness about the past and about the future, and itself embraces two very distinct kinds of things: pleasures and gratifications” (102). Now I realize that happiness is interconnected with individual freedom and liberty. When a human being is free from external pressure, there exists high scope for development in future. Getting engaged changed me a lot because I realize that a suitable alliance is one of the factors of happiness in life.

As an individual from the Middle East, especially from Saudi Arabia, my life as a student in U. S was so interesting. My education in the U. S. with scholarship helped me to realize the importance of proper education in life. The most important thing that I learned from studying in the U. S. was that quality education is one of the factors of success in future life. I consider my education in the U. S. as a unique opportunity to be self-reliant. Besides, the same is one of the factors of happiness in my life. My education in the U. S. changed me a lot because it transformed my outlook towards outer world. Now, I feel so happy because I can drive my car, I am engaged to a suitable individual and I have proper education. Besides, all these personal experiences are closely related to the happiness that I feel in my life.

Summing, some memorable moments in day to day life can transform life as a whole. Besides, one can find happiness in simple events in life. When an individual is imprisoned, he or she realizes the importance of freedom. On the other side, human beings are not ready to find out the secret of happiness. To be specific, search for happiness must be a personal experience, not as an external element which leads towards material

success or momentary benefit.

Works Cited

Seligman, Martin E. P. Authentic happiness: using the new positive psychology to realize your potential for lasting fulfilment. New York: Simon and Schuster, 2002. Print.