

Would they are is an
obstacle in the



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Would you describe yourself as a happy person? It seems that most people desire to be happy, but they have difficulty in being happy.

They cannot seem to find happiness in life. Moreover, they do not even know what makes them happy or what the essentials they need to live happily are. Ask yourself: do you know what makes you happy? Being successful, staring into someone's eyes, solving a problem... Which of these can make you feel good? These are some examples of things that make people feel happy.

As a result of the uniqueness of each individual, they all diverse. Even though this non-objective and abstract nature of happiness makes it difficult to be depicted, since, happiness, like air or water, is a hard thing to grasp in one's hand, there are still some universal basic requirements for happiness. Among them, two needs are very important and should be mentioned.

Two most essential requirements to lead a happy life are self-knowledge and worthy goals. One of the essential requirements to lead a happy life is self-knowledge. To begin with, it determines where people go in life.

Because without the information which comes from the self-reflection, it is impossible for people to know their potentials or abilities. And, it is unlikely to reach happiness in such a case.

Such an ignorance of people about who they are is an obstacle in the way goes to happiness. Apart from the information about personality, self-knowledge also serves the information of what people need which is necessary for happiness since happiness is something that people need to strive to get. It can be said that happiness is a butterfly which always escapes. To catch it, a hunter must do something and above all, the hunter

must know where it is. Without this information, the hunter cannot even draw near to it and it is impossible for the hunter to catch the butterfly. Likewise, without knowing what they need in their lives, it is impossible for people to catch happiness since they do not know where it is. To be happy, there must be some targets and people should strive to achieve them.

Lack of self-awareness leaves people open to incident and wrong desires. Secondly, self-knowledge allows people to take control of thoughts, feelings, and character. Self-reflection gives an opportunity to see where people's thoughts and feelings are taking them. That is, it can be used to uncover any destructive thought-patterns. Imagine someone's ideas were positive - s/he would feel happy most of the time! In an opposite way, negative ideas release enzymes that attack his/her immune system and absolutely are not good for his/her mood. As it is generally known, subjectively believing oneself to be happy is a prerequisite for happiness. Because thoughts become acts, acts become habits, habits express someone's character and someone's character strictly determines his/her destiny.

.. Here, another effect of self-knowledge which also helps people to take self-control should be mentioned: it regulates habits. This is also important since habits are basically expressions of character which determines many things in the way of happiness. Therefore, it is safe to say that the way which goes to a happy life starts from the inside of people. In addition to self-knowledge, worthy goals are also necessary for a happy life.

First, they make people feel better when people achieve them. It is a truth acknowledged scientifically that achieving a goal stimulates dopamine receptors on the human brain and that brings a sense of accomplishment which ultimately causes happiness. That also brings a sense of satisfaction regarded as the ultimate purpose of life and core of happiness by many philosophers - especially by hedonists. Satisfaction is a basic motive that keeps people alive and an important factor in the way happiness. This one was the direct and obvious effect of setting worthy goals. But, it is even more useful. In other words, there are also some indirect beneficial results of worthy goals which cause happiness in life. One of them is that they lead to a more productive life which means a happier life since human beings enjoy producing.

Worthy goals motivate people so that they can do their best and get success seemed as a source of happiness by many people. It seems that without enough motivation, nothing can be done properly, and as a result, people cannot attain happiness. Besides, worthy goals make people's life more organized by reshaping their lifestyle. That is, they cause people to be more well-disciplined and to master many skills which lead to happiness like time-managing. So, people can take time for themselves and attain happiness. The fact that organized life which is a result of worthy goals brings happiness can be verified by the observation of happiness of successful people. It seems that majority of them are happy since they are self-disciplined because of their goals. With the aforementioned reasons, it can be said that it is unlikely to attain happiness while living a non-organized life without worthy goals.

Thus, worthy goals are key to happiness since Homo sapiens are evolved to set and reach goals and to take pleasure while following the way those goals lead them on. In brief, self-knowledge and worthy goals are vital things to live a happy life. It seems that the way of a happy life could be thought like a road. At the end of this road, ultimate happiness waits for someone to reach it. But, this is a bumpy road since there are many obstacles which the driver must deal with. And, to reach the destination the driver needs to know capabilities of the car and clear obstacles from the road - also from his/her head! Above all, the driver should have some targets since, without them, s/he could be totally lost on this journey.

Likewise, people should know their abilities and aim at some clear targets in the journey of happiness. This journey may be challenging but "ultimate happiness" absolutely deserves struggling for it.