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[Subject]

[Date]

Can Happiness be Practiced?

*“The only thing that will make you happy is being happy with who you are, and not who people think you are”*

Happiness is a state of well-being and joyful. People feel happy when they are successful, safe, or feeling lucky. It is a sense of accomplishment, which has a different meaning for everyone. People feel happy for different reasons; not every individual has the same definition and reason for happiness. Some people travel in search of happiness, some people dance, some people get married to feel happy and some just go on musical festivals to feel so. Hence, every person has their own unique ways of creating and practicing happiness.

Happiness is not just a feeling that a person can feel; it is a skill that can be learned and improved with practice over a period of time. A person is responsible for the creation of their own happiness and they can control it by controlling their emotions and thinking. Happiness can be achieved by following some simple steps like adopting the patterns of forgives, always looking at the brighter side of things and being thankful for even the little blessings in life.

There are a number of movies and documentaries that have been made on the topic of practice of happiness. One of them which I watched very recently is Happy. Happy is a documentary film made in 2011. It comprises of different stories by various people who have created their own happiness. The film comprises of stories from different parts of the world (Belic). The documentary starts with the story of a rickshaw driver from India who tells that although he is not doing much financially, he is happy. He finds his happiness in his family. Then the documentary mentions the story of a girl whose face gets run over by a truck. She still finds happiness by keeping her attitude positive.

Works Cited

*Happy*. Dir. Roko Belic. Perf. Marci Shimoff, Ed Diener and Richard Davidson. 2011. Documentary.