Here are 350 of the best happiness quotes I could find. And please remember, the happiest and wisest people are the ones who chase nothing. They just say “yes” to what happens. Happy reading!

Happiness comes from peace. Peace comes from indifference. Naval Ravikant

Happiness is more than doing fun things. It’s about doing meaningful things. Maxime Lagacé
One of the keys to happiness is a bad memory.

Rita Mae Brown
Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness. Steve Maraboli
He who lives in harmony with himself lives in harmony with the universe. Marcus Aurelius
Click to tweet

If you want to be happy, be. Leo Tolstoy
Click to tweet
Happiness is a function of accepting what is. Werner Erhard

You can only have bliss if you don’t chase it. Henepola Gunaratana
For every minute you are angry you lose sixty seconds of happiness. Ralph Waldo Emerson

Click to tweet
It’s the little things in life. Click to tweet
True happiness is not attained through self-gratification, but through fidelity to a worthy purpose. Helen Keller Click to tweet
If you aren’t grateful for what you already have, what makes you think you would be happy with more. Roy T. Bennett

Click to tweet
Happiness is a gift and the trick is not to expect it, but to delight in it when it comes. Charles Dickens

Time you enjoy wasting is not wasted time. Marthe Troly-Curtin
Now and then it’s good to pause in our pursuit of happiness and just be happy. Guillaume Apollinaire

See also: zen quotes, strength quotes, kindness quotes

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The Best Happiness Quotes

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- We don’t laugh because we’re happy – we’re happy because we laugh. William James
- That’s your unlimited desires that are clouding your peace, your happiness. Naval Ravikant
- Don’t cry because it’s over, smile because it happened. Ludwig Jacobowski
- Doing what you like is freedom. Liking what you do is happiness. Frank Tyger
- There is more to life than increasing its speed. Mahatma Gandhi
- Enjoy it. Because it’s happening. Stephen Chbosky
- When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us. Helen Keller
- Life is 10 percent what happens to you and 90 percent how you respond to it. Lou Holtz
- True happiness arises, in the first place, from the enjoyment of one’s self. Joseph Addison
Happiness? That’s nothing more than health and a poor memory. Albert Schweitzer

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for. Joseph Addison Click to tweet

Happiness, not in another place but this place…not for another hour, but this hour. Walt Whitman

Folks are usually about as happy as they make their minds up to be. Abraham Lincoln

Don’t take life too seriously. You’ll never get out of it alive. Elbert Hubbard

Seek it outside and you’ll be exhausted. Seek it inside you’ll find a path. Maxime Lagacé

It’s the moments that I stopped just to be, rather than do, that have given me true happiness. Richard Branson

I am very happy because I have conquered myself and not the world. I am very happy because I have loved the world and not myself. Sri Chinmoy

What a wonderful life I’ve had! I only wish I’d realized it sooner. Colette

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. Maya Angelou

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits. Thomas Jefferson

People don’t notice whether it’s winter or summer when they’re happy. Anton Chekhov

Success is getting what you want. Happiness is wanting what you get. Dale Carnegie

Boredom is the feeling that everything is a waste of time…serenity, that nothing is. Thomas Szasz

See also: quotes to live by

Part 2. Happiness Quotes And Happy Quotes That ARE…

The Most Famous Happiness Quotes (Einstein, Gandhi, Buddha, etc.)

Go to table of contents
Life is really simple, but we insist on making it complicated. Confucius

The best way to cheer yourself is to try to cheer someone else up. Mark Twain

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. Dalai Lama

Happiness is not something ready made. It comes from your own actions. Dalai Lama

Happiness is when what you think, what you say, and what you do are in harmony. Mahatma Gandhi

In our lives, change is unavoidable, loss is unavoidable. In the adaptability and ease with which we experience change, lies our happiness and freedom. Buddha

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. Buddha

The biggest adventure you can take is to live the life of your dreams. Oprah Winfrey

Happiness in intelligent people is the rarest thing I know. Ernest Hemingway

The most important thing is to enjoy your life – to be happy – it’s all that matters. Audrey Hepburn

The advantage of a bad memory is that one enjoys several times the same good things for the first time. Friedrich Nietzsche

Learn to value yourself, which means: fight for your happiness. Ayn Rand

Indeed, man wishes to be happy even when he so lives as to make happiness impossible. Augustine of Hippo

Happiness depends upon ourselves. Aristotle

Only a life lived for others is a life worthwhile. Albert Einstein

More famous quotes

See also: Stumbling on Happiness (Amazon book)

Short Happiness Quotes

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One-liners, happiness thoughts and captions for your bio, social status, self-talk, motto, mantra, signs, posters, wallpapers, backgrounds.

| Happiness is a state where nothing is missing. Naval Ravikant [Click to tweet] |
| The constant happiness is curiosity. Alice Munro |
| Be happy. It’s one way of being wise. Colette |
| Finding happiness is easy: stop being busy. Maxime Lagacé |
| Being happy is being satisfied. Being satisfied means accepting. Maxime Lagacé |
| Doing what you were born to do… That’s the way to be happy. Agnes Martin |
| Being happy is not the only happiness. Alice Walker |
| Happiness is inversely correlated with desire. Unknown |
| No medicine cures what happiness cannot. Gabriel García Márquez |
| It is more fitting for a man to laugh at life than to lament over it. Seneca |
| The thicker the skin, the happier the man. @LifeMathMoney |
| Happiness is acceptance. Unknown |
| All happiness depends on courage and work. Honoré de Balzac |
| It is not how much we have, but how much we enjoy, that makes happiness. Charles Spurgeon |
| The foolish man seeks happiness in the distance, the wise grows it under his feet. James Oppenheim |
| There is only one happiness in this life, to love and be loved. George Sand |
| Nobody can be uncheered with a balloon. Winnie the Pooh [Click to tweet] |
| Be happy for this moment. This moment is your life. Omar Khayyam |
| I must learn to be content with being happier than I deserve. Jane Austen |
| Whoever is happy will make others happy. Anne Frank |
| Happiness lies in the joy of achievement and the thrill of creative effort. Franklin D. Roosevelt |
We forge the chains we wear in life. Charles Dickens

I’m happy. Which often looks like crazy. David Henry Hwang

More short quotes

You may also like: inspirational quotes motivational quotes love quotes life quotes

Inspirational And Positive Happiness Quotes

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Happiness does not lead to gratitude. Gratitude leads to happiness. David Steindl-Rast Click to tweet

What is happiness? The feeling that power is growing, that resistance is overcome. Friedrich Nietzsche

The deepest satisfaction you’ll find will be when you give all you’ve got on one thing, or when you’ll do absolutely nothing and accept life as it is. Think On and Off. Avoid the middle. Maxime Lagacé

A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one’s neighbor — such is my idea of happiness. Leo Tolstoy (Family Happiness)

It is the very mark of the spirit of rebellion to crave for happiness in this life. Henrik Ibsen

So we shall let the reader answer this question for himself: who is the happier man, he who has braved the storm of life and lived or he who has stayed securely on shore and merely existed? Hunter S. Thompson

The only way to find true happiness is to risk being completely cut open. Chuck Palahniuk Click to tweet

People are unhappy when they get something too easily. You have to sweat – that’s the only moral they know. Dany Laferrière

The greatest secret to happiness and peace is letting every life situation be what it is, instead of what you think it should be. Then, make the very best of it. Thibaut

If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes. Andrew Carnegie
Today is life – the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto. Dale Carnegie

What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds. Wayne Dyer

There is no passion to be found playing small – in settling for a life that is less than the one you are capable of living. Nelson Mandela

If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much. Jim Rohn

Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Do what you love. Live as if this is all there is. Mary Anne Roadacher-Hershey

The greatest happiness you can have is knowing that you do not necessarily require happiness. William Saroyan

In the end, it’s not the years in your life that count. It’s the life in your years. Abraham Lincoln

Pleasure is very seldom found where it is sought. Our brightest blazes are commonly kindled by unexpected sparks. Samuel Johnson

On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so. William R. Inge

Plenty of people miss their share of happiness, not because they never found it, but because they didn’t stop to enjoy it. William Feather

I have only two kinds of days: happy and hysterically happy. Allen J. Lefferdink

See also: positive quotes, best quotes

Funny Happiness Sayings (Some Will Surprise You)

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Some cause happiness wherever they go; others whenever they go. Unknown

Life is short. Smile while you still have teeth. Unknown

There is no cosmetic for beauty like happiness. Lady Blessington
To be stupid, selfish, and have good health are three requirements for happiness, though if
stupidity is lacking, all is lost. Gustave Flaubert

Sanity and happiness are an impossible combination. Mark Twain

Expecting life to treat you well because you are a good person is like expecting an angry bull
not to charge because you are a vegetarian. Shari R. Barr

Of all the things you wear, your expression is the most important. Janet Lane

You can’t buy happiness but you can buy ice cream. And that’s kind of the same
thing. Unknown

When someone told me I lived in a fantasy land I nearly fell of my unicorn. Unknown

Some days I amaze myself. Other days I put my keys in the fridge. Unknown

Happiness does not have a price tag so smile. Unknown

The best vitamin to be a happy person is B1. Unknown

Be happy. It really annoys negative people. Ricky Gervais

More funny quotes

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One day, or day one, you decide. Click to tweet

Happiness is not out there, it’s in you.

Difficult roads often leads to beautiful destinations.

The key to being happy is knowing you have the power to choose what to accept and what to
let go.

Don’t let the silly little things steal your happiness.

There is no happiness; there are only moments of happiness.

People wait all week for Friday, all year for summer, all life for happiness. Click to tweet

Cheerfulness is the very flower of health.

The secret of being happy is accepting where you are in life and making the most out of
everyday.
There are so many beautiful reasons to be happy.

Life only comes around once, so do whatever makes you happy, and be with whoever makes you smile.

Someday you’ll look back and understand why it all happened the way it did.

Doing what you like is freedom. Liking what you do is happiness.

We can’t direct the wind, but we can adjust the sails.

More happy quotes

**Cute Happiness Sayings**

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Blessed are those who can give without remembering and take without forgetting. Bernard Meltzer [Click to tweet]

Happiness: A butterfly, which when pursued, seems always just beyond your grasp; but if you sit down quietly, may alight upon you. Daily Crescent

Gather the crumbs of happiness and they will make you a loaf of contentment. Unknown

Happy girls are the prettiest. Audrey Hepburn

Be you. Do you. For you. Unknown [Click to tweet]

**Happiness Proverbs**

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Happiness is a place between too much and too little. Finnish proverb [Click to tweet]

Seeking happiness is a straight way to misery. English proverb

You cannot prevent the birds of sadness from passing over your head, but you can prevent their making a nest in your hair. Chinese proverb

If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else. Chinese proverb

Tension is who you think you should be, relaxation is who you are. Chinese proverb
Deep And Wise Happiness Quotes (Words Of Wisdom)

If we would just slow down, happiness would catch up to us. Richard Carlson  [Click to tweet]

Don’t let your happiness depend on something you may lose. C.S. Lewis

Not wanting something is as good as having it. Naval Ravikant

With my desire to improve everything, I destroy the moment. Naval Ravikant

Happiness is a choice and a skill and you can dedicate yourself to learning that skill and making that choice. Naval Ravikant

School, politics, sports, and games train us to compete against others. True rewards – wealth, knowledge, love, fitness, and equanimity – come from ignoring others and improving ourselves. Naval Ravikant

One happiness scatters a thousand sorrows. Chinese proverb  [Click to tweet]

There is great happiness in not wanting, in not being something, in not going somewhere. Jiddu Krishnamurti

Your mind will seek security and comfort in accumulation (of knowledge, material, status, etc.). This is a never ending game. Be above that. Play the long game. Maxime Lagacé

Say no more often so you can say yes to what’s important. Maxime Lagacé

The more people need to show the’re happy, the less they are. Maxime Lagacé

It's been my experience that you can nearly always enjoy things if you make up your mind firmly that you will. L.M. Montgomery

If you find happiness, people may be jealous. Be happy anyway. Mother Teresa

There are two ways to be happy: improve your reality, or lower your expectations. Jodi Picoult

Don’t postpone joy until you have learned all of your lessons. Joy is your lesson. Alan Cohen

Happiness does not consist in pastimes and amusements but in virtuous activities. Aristotle
It is difficult to find happiness within oneself, but it is impossible to find it anywhere else. Arthur Schopenhauer

The secret of happiness is to admire without desiring. Carl Sandburg

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Reinhold Niebuhr

Happiness is the default state. It’s what’s there when you remove the sense that something is missing in life. Naval Ravikant

Security is when everything is settled, when nothing can happen to you; security is the denial of life. Germaine Greer

There is some kind of a sweet innocence in being human- in not having to be just happy or just sad- in the nature of being able to be both broken and whole, at the same time. C. JoyBell

There can be no happiness if the things we believe in are different from the things we do. Freya Stark

In every part and corner of our life, to lose oneself is to be a gainer; to forget oneself is to be happy. Robert Louis Stevenson

A truly happy person is one who can enjoy the scenery while on a detour. Unknown

Is it not clear, however, that bliss and envy are the numerator and denominator of the fraction called happiness? Yevgeny Zamyatin

Ask yourself whether you are happy and you cease to be so. John Stuart Mill

There is no way to happiness — happiness is the way. Thich Nhat Hanh (notable-quotes.com)

Enjoyment is just the sound of being centered. Bhagwan Shree Rajneesh

When neither their property nor their honor is touched, the majority of men live content. Niccolo Machiavelli

Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us a wild-goose chase, and is never attained. Nathaniel Hawthorne

Sometimes we don’t find the thing that will make us happy because we can’t give up the thing that was supposed to. Robert Brault
Joy is more divine than sorrow; for joy is bread, and sorrow is medicine. Henry Ward Beecher

Usefulness is happiness, and... all other things are but incidental. Lydia Maria Child, The American Frugal Housewife

Most of us believe in trying to make other people happy only if they can be happy in ways which we approve. Robert S. Lynd

To be happy, you must fancy that everything you have is a gift, and you the chosen, though you worked your tail off for every bit of it. Robert Brault

The ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival. Aristotle

Happiness makes up in height for what it lacks in length. Robert Frost

To be without some of the things you want is an indispensable part of happiness. Bertrand Russell

More wisdom quotes

Part 3. Happiness Quotes About...

Happiness Quotes About Life

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The only disability in life is a bad attitude. Scott Hamilton Click to tweet

All life is an experiment. The more experiments you make the better. Ralph Waldo Emerson

Ups and downs. Victories and defeats. Sadness and happiness. That’s the hardest but also the most satisfying kind of life. Maxime Lagacé

When was the last time you paused and took a deep breath? Maxime Lagacé

Of all ridiculous things the most ridiculous seems to me, to be busy — to be a man who is brisk about his food and his work. Søren Kierkegaard

The happiness of life is made up of the little charities of a kiss or smile, a kind look, a heartfelt compliment. Samuel Taylor Coleridge

There are two things to aim at in life: first, to get what you want; and after that, to enjoy it. Only the wisest of mankind achieve the second. Logan Pearsall Smith
If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day. W. Beran Wolfe

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life. Albert Camus

I think the key to life is just being a happy person, and happiness will bring you success. Diego Val

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things. Epictetus

But what is happiness except the simple harmony between a man and the life he leads? Albert Camus

Find a place where there’s joy, and the joy will burn out the pain. Joseph Campbell

Happiness consists more in conveniences of pleasure that occur everyday than in great pieces of good fortune that happen but seldom. Benjamin Franklin

Give a man health and a course to steer, and he’ll never stop to trouble about whether he’s happy or not. George Bernard Shaw Click to tweet

**Quotes About Happiness And Love**

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Joy is a net of love by which you can catch souls. Mother Teresa Click to tweet

Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest. Sri Chinmoy

The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves. Victor Hugo

Love is that condition in which the happiness of another person is essential to your own. Robert A. Heinlein

It can be scary to love. It can also become your greatest joy. Maxime Lagacé
Of all forms of caution, caution in love is perhaps the most fatal to true happiness. Bertrand Russell

Click to tweet

Life is a journey, and if you fall in love with the journey, you will be in love forever. Peter Hagerty

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. Albert Schweitzer

All happiness or unhappiness solely depends upon the quality of the object to which we are attached by love. Baruch Spinoza

There is no happiness like that of being loved by your fellow creatures, and feeling that your presence is an addition to their comfort. Charlotte Brontë

True happiness comes not from a limited concern for one’s own well-being, or that of those one feels close to, but from developing love and compassion for all sentient beings. Dalai Lama

I think for me, happiness is crucial, but I think we think that happiness comes from amassing goods and getting things and being loved and being successful, when in fact my experience of happiness comes when you give everything away, when you serve people, when you’re watching something you do make somebody happy – that’s when happiness happens. Eve Ensler

Happy people have two things in common. They know exactly what they want and they feel they’re moving toward getting it. That’s what makes life feel good: when it has direction, when you are heading straight for what you love. Barbara Sher

Man’s only true happiness is to live in hope of something to be won by him. Reverence something to be worshipped by him, and love something to be cherished by him, forever. John Ruskin

But what is after all the happiness of mere power? There is a greater happiness possible than to be lord of heaven and earth; that is the happiness of being truly loved. Lafcadio Hearn

Love is a that condition in which the happiness of another person is essential to your own… Jealousy is a disease, love is a healthy condition. The immature mind often mistakes one for the other, or assumes that the greater the love, the greater the jealousy. Robert A. Heinlein

Living our life deeply and with happiness, having time to care for our loved ones, this is another kind of success, another kind of power, and it is much more important. Thich Nhat Hanh

People happy in love have an air of intensity. Stendhal
Once you do something you love, you never have to work again. Willie Hill

See also: jealousy quotes, love yourself quotes, short love quotes

Quotes About Happiness And Friends

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Happiness is only real when shared. Jon Krakauer (Into The Wild) Click to tweet

Count your age by friends, not years. Count your life by smiles, not tears. John Lennon

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. Marcel Proust

You’ll have a few happy memories of yourself in solitude but the most emotional and meaningful will be the ones with your family and friends. Maxime Lagacé

You cannot judge what should bring others joy, and others cannot judge what should bring you joy. Alan Cohen

We make a living by what we get, but we make a life by what we give. Winston Churchill

The best way to cheer yourself up is to try to cheer somebody else up. Mark Twain

Who is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though it were his own. Johann Wolfgang von Goethe

To be happy, we must not be too concerned with others. Albert Camus

See also: 25 Simple And Creative Ways To Cheer Someone Up (lifehack.org)

Quotes About Living Simply And Being Happy

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Be happy with what you have. Be excited about what you want. Alan Cohen Click to tweet

The man is happiest who lives from day to day and asks no more, garnering the simple goodness of life. Euripides

I don’t plan. I’m not a planner. I prefer to live in the moment and be free and to flow and to be happy. Naval Ravikant

The more you accumulate stuff, the more complex your life will be, the less freedom you’ll have. Maxime Lagacé
A good way to simplify your life is to ask yourself every morning, “what’s important to me?” Then, spend most of your time on those things. Maxime Lagacé

Having no expectations is a win-win situation. If the outcome is good you are pleasantly surprised. If not then no problem because you were not expecting anything to begin with. The Ancient Sage

I felt once more how simple and frugal a thing is happiness: a glass of wine, a roast chestnut, a wretched little brazier, the sound of the sea. Nothing else. Nikos Kazantzakis (Zorba the Greek)

If only we’d stop trying to be happy we could have a pretty good time. Edith Wharton

Can anything be so elegant as to have few wants, and to serve them one’s self? Ralph Waldo Emerson

Tranquil pleasures last the longest; we are not fitted to bear the burden of great joys. Christian Nestell Bovee

We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have. Frederick Keonig

As people spin faster and faster in the pursuit of merely personal happiness, they become exhausted in the futile effort of chasing themselves. Andrew Delbanco

The search for happiness is one of the chief sources of unhappiness. Eric Hoffer

The world is full of people looking for spectacular happiness while they snub contentment. Doug Larson

How simple it is to see that we can only be happy now, and there will never be a time when it is not now. Gerald Jampolsky

My advice to you is not to inquire why or whither, but just enjoy your ice cream while it’s on your plate. Thornton Wilder

Enjoy the little things, for one day you may look back and realize they were the big things. Robert Brault

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is. Maxim Gorky

Let a joy keep you. Reach out your hands and take it when it runs by. Carl Sandburg
Happiness grows at our own firesides, and is not to be picked in strangers’ gardens. Douglas Jerrold

Precisely the least, the softest, lightest, a lizard’s rustling, a breath, a flash, a moment – a little makes the way of the best happiness. Friedrich Nietzsche

We are no longer happy so soon as we wish to be happier. Walter Savage Landor Click to tweet

See also: simplicity quotes

See also: Peace Is Every Step: The Path of Mindfulness in Everyday Life (Amazon book)

Quotes About Happiness Being ‘Inside’, The Mind, Thinking

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If you are not happy here and now, you never will be. Taisen Deshimaru Click to tweet

It isn’t what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it. Dale Carnegie

The happiness of your life depends upon the quality of your thoughts. Marcus Aurelius Click to tweet

A man’s as miserable as he thinks he is. Seneca

Most of us are just about as happy as we make up our minds to be. William Adams

Think of what you have rather than of what you lack. Of the things you have, select the best and then reflect how eagerly you would have sought them if you did not have them. Marcus Aurelius

The notion of happiness doesn’t exist in nature, it only exists in your mind. Maxime Lagacé

Your most primal need are to seek comfort and security. Unless you understand how your craving mind works, you’ll never rise above it. Maxime Lagacé

To be content means that you realize you contain what you seek. Alan Cohen

Desire is a contract that you make with yourself to be unhappy until you get what you want. Naval Ravikant

The more you feed your mind with positive thoughts, the more you can attract great things into your life. Roy T. Bennett
Happiness depends on your mindset and attitude. Roy T. Bennett

Misery is almost always the result of thinking. Joseph Joubert

Joy is not in things; it is in us. Richard Wagner

See also: 7 Practical Tips to Achieve a Positive Mindset (success.com)

Quotes About Happiness And Laughter

Laughter is poison to fear. George R.R. Martin Click to tweet

Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad. Norm Papernick

We must laugh before we are happy, for fear of dying without having laughed at all. Jean de La Bruyere

With mirth and laughter let old wrinkles come. William Shakespeare

Laugh, dance, smile, stay a little crazy. Life doesn’t always make sense. Maxime Lagacé

I contend that not only can you laugh at adversity, but it is essential to do so if you are to deal with setbacks without defeat. Allen Klein

Laughing brains are more absorbent. Alton Brown

Determine to live life with flair and laughter. Benjamin Franklin Click to tweet

Laughter is eternity if joy is real. Bono

Laugh. Laugh as much as you can. Laugh until you cry. Cry until you laugh. Keep doing it even if people are passing you on the street saying, ‘I can’t tell if that person is laughing or crying, but either way they seem crazy, let’s walk faster.’ Emote. It’s okay. It shows you are thinking and feeling. Ellen Degeneres

Never give up. Laugh a lot. Be good to others. James Dashner

You laugh at me because I’m different, I laugh at you because you’re all the same. Jonathan Davis

If you can laugh, you can get through it. Jami Gertz
Work hard. Laugh when you feel like crying. Keep an open mind, open eyes and an open spirit. Rachael Ray

Laughter is an instant vacation. Milton Berle

Quotes About Suffering, Sadness And Pain

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You can’t be happy unless you’re unhappy sometimes. Lauren Oliver Click to tweet

I do not miss childhood, but I miss the way I took pleasure in small things, even as greater things crumbled. I could not control the world I was in, could not walk away from things or people or moments that hurt, but I took joy in the things that made me happy. Neil Gaiman

In the end, you should be grateful for your pains. Like trees without wind, humans grow weak without resistance. Maxime Lagacé

Happiness is a constant work-in-progress, because solving problems is a constant work-in-progress – the solutions to today’s problems will lay the foundation for tomorrow’s problems, and so on. True happiness occurs only when you find the problems you enjoy having and enjoy solving. Mark Manson

Don’t waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy. Roy T. Bennett Click to tweet

I’m choosing happiness over suffering, I know I am. I’m making space for the unknown future to fill up my life with yet-to-come surprises. Elizabeth Gilbert (Eat, Pray, Love)

Perfectionism is the enemy of happiness. Embrace being perfectly imperfect. Learn from your mistakes and forgive yourself, you’ll be happier. We make mistakes because we are imperfect. Learn from your mistakes, forgive yourself, and keep moving forward. Roy T. Bennett

The art of living lies less in eliminating our troubles than growing with them. Bernard M. Baruch

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity. Carl Jung

Everything that irritates us about others can lead us to an understanding of ourselves. Carl Jung

Do what you have always done and you’ll get what you have always got. Sue Knight
You are responsible for your life. You can’t keep blaming somebody else for your
dysfunction. Life is really about moving on. Oprah Winfrey

Life is a series of natural and spontaneous changes. Don’t resist them—that only creates
sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.
Lao Tzu

Each life is made up of mistakes and learning, waiting and growing, practicing patience and
being persistent. Billy Graham (See also: 7 Habits Of Highly Persistent People,
fastcompany.com)

Transformation is a process, and as life happens there are tons of ups and downs. It’s a
journey of discovery—there are moments on mountaintops and moments in deep valleys of
despair. Rick Warren

Happiness and sadness run parallel to each other. When one takes a rest, the other one tends
to take up the slack. Hazelmarie Elliott

We are seldom happy with what we now have, but would go to pieces if we lost any part of it.
Mignon McLaughlin

Man is fond of counting his troubles, but he does not count his joys. If he counted them up as
he ought to, he would see that every lot has enough happiness provided for it. Fyodor
Dostoevsky

One should be either sad or joyful. Contentment is a warm sty for eaters and sleepers. Eugene
O’Neill

It’s so hard to forget pain, but it’s even harder to remember sweetness. We have no scar to
show for happiness. We learn so little from peace. Chuck Palahniuk

There is only one thing more painful than learning from experience and that is not learning
from experience. Archibald McLeish

In order to have great happiness you have to have great pain and unhappiness—otherwise
how would you know when you’re happy? Leslie Caron

Joy never feasts so high as when the first course is of misery. John Suckling

You cannot protect yourself from sadness without protecting yourself from happiness.
Jonathan Safran Foer
Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others... By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves. Gordon B. Hinckley

Most people would rather be certain they’re miserable, than risk being happy. Robert Anthony

Nobody really cares if you’re miserable, so you might as well be happy. Cynthia Nelms

The only way to avoid being miserable is not to have enough leisure to wonder whether you are happy or not. George Bernard Shaw

Life is not about how fast you run or how high you climb, but how well you bounce. Vivian Komori Click to tweet

See also: silence quotes, pain quotes

Quotes About Money And Happiness

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A heart full of joy is better than a hand full of coins. Matshona Dhliwayo Click to tweet

The most valuable thing you can buy to make yourself happy is time. Maxime Lagacé

There are two ways to get enough. One is to continue to accumulate more and more. The other is to desire less. G.K. Chesterton

It’s pretty hard to tell what does bring happiness. Poverty and wealth have both failed. Frank McKinney Hubbard

He is rich or poor according to what he is, not according to what he has. Henry Ward Beecher Click to tweet

My family didn’t have a lot of money, and I’m grateful for that. Money is the longest route to happiness. Evangeline Lilly

We act as though comfort and luxury were the chief requirements in life, when all we need to make us really happy is something to be enthusiastic about. Charles Kingsley

If you look to others for fulfillment, you will never be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the world belongs to you. Lao Tzu
Money is neither my god nor my devil. It is a form of energy that tends to make us more of who we already are, whether it’s greedy or loving. Dan Millman

Happiness is like the penny candy of our youth: we got a lot more for our money back when we had no money. Mignon McLaughlin

Money doesn’t bring happiness and creativity. Your creativity and happiness brings money. Sam Rosen

Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want. Margaret Young

The best way for a person to have happy thoughts is to count his blessings and not his cash.

See also: money quotes

Part 5. What Is Happiness?

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Happiness is a direction, not a place. Sydney J. Harris Click to tweet

Happiness is an inside job. William Arthur Ward

Happiness is a form of courage. Holbrook Jackson

Happiness is not a goal; it is a by-product. Eleanor Roosevelt

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. Denis Waitley

Happiness is not a state to arrive at, but a manner of traveling. Margaret Lee Runbeck Click to tweet

We can’t control the world. We can only (barely) control our own reactions to it. Happiness is largely a choice, not a right or entitlement. David C. Hill

Real happiness is not of temporary enjoyment, but is so interwoven with the future that it blesses for ever. James Lendall Basford

Happiness is distraction from the human tragedy. J.M. Reinoso
We cannot be happy if we expect to live all the time at the highest peak of intensity.
Happiness is not a matter of intensity but of balance and order and rhythm and harmony.
Thomas Merton

Happiness: a way station between too little and too much. Channing Pollock

Happiness is usually attributed by adults to children, and by children to adults. Thomas Szasz

Unhappiness is not knowing what we want and killing ourselves to get it. Don Herold

Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give. Norman MacEwan

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude. Denis Waitley

Happiness is the interval between periods of unhappiness. Don Marquis

Happiness is the natural flower of duty. Phillips Brooks

Happiness is not being pained in body or troubled in mind. Thomas Jefferson

Happiness is the resultant of the relative strengths of positive and negative feelings rather than an absolute amount of one or the other. Norman Bradburn

Happiness is your dentist telling you it won’t hurt and then having him catch his hand in the drill. Johnny Carson

Happiness is a conscious choice, not an automatic response. Mildred Barthel

Happiness is holding someone in your arms and knowing you hold the whole world. Orhan Pamuk

Happiness is an accident of nature, a beautiful and flawless aberration. Pat Conroy

Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it. Elizabeth Gilbert (Eat, Pray, Love)

Happiness is the meaning and the purpose of life, the whole aim and end of human existence. Aristotle (See also: meaningful quotes)
Happiness is that state of consciousness which proceeds from the achievement of one’s values. Ayn Rand

Happiness is the experience of loving life. Being happy is being in love with that momentary experience. And love is looking at someone or even something and seeing the absolute best in him/her or it. Love is happiness with what you see. So love and happiness really are the same thing...just expressed differently. Robert McPhillips

Happiness is always a by-product. It is probably a matter of temperament, and for anything I know it may be glandular. But it is not something that can be demanded from life, and if you are not happy you had better stop worrying about it and see what treasures you can pluck from your own brand of unhappiness. Robertson Davies

Happiness is not an ideal of reason, but of imagination. Immanuel Kant

Happiness is always the serendipitous result of looking for something else. Dr. Idel Dreimer

Happiness is where we find it, but very rarely where we seek it. J. Petit Senn

Happiness is not having what you want. It is appreciating what you have. Click to tweet

Part 5. What Is The Secret To Happiness?

The secret of happiness is freedom, the secret of freedom is courage. Carrie Jones

The true secret of happiness lies in the taking a genuine interest in all the details of daily life. William Morris Click to tweet

If you ever start taking things too seriously, just remember that we are talking monkeys on an organic spaceship flying through the universe. Joe Rogan

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly. Buddha

The secret to happiness is to put the burden of proof on unhappiness. Robert Brault

The secret of happiness is to find a congenial monotony. V.S. Pritchett

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you’re in control of your life. If you don’t, life controls you. Tony Robbins

Part 6. Conclusion
Everything is a gift of the universe – even joy, anger, jealousy, frustration, or separateness. Everything is perfect either for our growth or our enjoyment. Ken Keyes Jr [Click to tweet]

Call to action: Read 20+ Simple Tips For Happiness (demilked.com)

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