

# I choose happiness, and what do you choose?

If you are surrounded by negative people, there is a profession you hate and even can't sleep when the night comes because so many thoughts keep appearing in your mind, no one but you is responsible for that.

Happiness is the choice.

Every moment of the day, whether you realize it or not, it is simply a decision you make. You decide who to meet, what to do, talk to someone, do something first, do it right away or delay, get up early or wake up late, leave the house and go to the place you like or turn on the TV and watch movies . Whatever it is - positive or negative - affects all events, people, relationships and generally whatever you encounter in life.

So if you're having a complicated life with too much work to do and don't have time for yourself, it's your fault.



If you have exactly what you want and are thankful for that every day, you are responsible.

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If you are doing what you like hardworking but still spend time with yourself and the people you love, it is also an option that you have decided to turn it into a lifestyle.

Happiness can be at any time, anywhere and with anyone, unbound, regardless of age, gender, occupation or income. Everyone deserves to be happy without having to work hard to find, go to, create or whatever needs effort. Happiness can be small everyday things that sometimes because of being so passionate about finding

great things, we accidentally ignore them.

## Recipe of happiness

### Letting Go + Acceptance + Gratitude (Gratitude)

You can call them the skills, qualities, goals or whatever. Although not really necessary to define, they are three of the best things you can do with your life - dismiss what has and will happen, accept the present and be satisfied with them, at the same time. Thank you and appreciate what you own.

There are things that are not uninteresting, but are mindful and do nothing.

See also: **This is the difference between people who are positive and negative**

Once you know how to get rid of it, you will "turn" yourself into a happy person you always wanted. You will find peace, will free yourself from the burden of the past and worry about the future, will start living in the present moment and will see all the beauty and wealth in life by focusing on what you have and thankful for that.



### Get rid of

Removing is a wonderful remedy because it makes us feel so comfortable and satisfied that we can say, "It turns out, I have never lived before."

The problem is, we keep too many things - old relationships, sad memories, things that remind us of old memories or some moments that remind us of the past are not very good . . . I also spend a lot of time thinking about the future, fearing any uncertainties that might happen, trying to change it by controlling, planning and trying to turn it on my own. And when everything was completely different, I was stuck and frustrated, then gradually became a weak person.

We keep so many things in our heads, so abundant that we can hardly open up to everything around us. If this keeps up, how can happiness and joy come? My heart, my soul is empty.

See also: **Simple happiness, just learn to forget and forgive**

However, if you choose to dismiss and leave everything as it is, you will be free, serene and able to enjoy the present moment completely without having to compare it to the old, no must expect it to go in a certain direction, without thinking and worrying too much about the next.

Cats like to eat fish, but cats don't know how to swim. Fish like to eat worms, but fish cannot go ashore. God gives you lots of interesting things, but doesn't let you easily achieve it. However, it is not possible to just shed blood, call for pain, fear for the night, turn on the electricity, remember to contact, today is a big deal for you, but maybe the next day is a small thing. So, no matter what happens to life, learn to get rid of troublesome things from your mind to receive new things.

## Accept



Acceptance is when you feel good about everything, everyone, every event and with yourself. However, accepting does not mean that you stop trying to achieve what you want, on the contrary, accepting means you believe in your instincts and don't interfere.

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You need to realize that anything that happens right now is the best in the right time. So, even if something extremely bad happens, in the end, you will be fine if you have faith in the fact that everything will go according to its progress.

God gives me a lot of money, I enjoy it because it is a blessing, we have a lot of money that will be able to do more things, be rewarded more. And God gives me little money, I am happy because it is blessing, we will be free from worry about keeping money, managing money and being jealous and threatening.

## Gratitude

Gratitude is another thing that can make you the happiest person.

Focus on the good things in your life, think positively about what is about to happen, cherish what you have (even worse because it is a lesson learned) every day, uphold it , express your interest, express your love and gratitude, and you will begin to see the wealth you have.

That's how you choose to be happy.

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