



Happiness

Happiness is our ability to feel satisfied with life, enjoy ourselves and others, and simply be content. What this looks like may be very different for each of us. For some people, happiness is achieving goals, status, or knowledge. For others it is plenty for food, clothing, and shelter. Still others find happiness in improving life for others in their family or community.

Your happiness is dependent on your development of all the other EI components we've discussed in previous tips.

Things to do: Take time to assess your practice of all the EI components and see where you might need some development.

Be careful not to judge others if their source of happiness is different from yours.