



## That Person *Makes Me Happy!* ... Or Do They?

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Happiness is one thing so many people desire. We hear all over, whether it be on the news, our favorite show or song, or in our day to day relationships, people want to be happy. We know that we as humans make mistakes, so why do we so often depend on others to *make us happy*?

It can be easy to place the responsibility of our happiness on others, believing that another person actually has the power to make us happy. Sure you can be happier around certain people; there's no doubt people can most definitely influence our mood. However, the belief that others *make us happy* gives away our choice and responsibility of emotions to another person. That's a big responsibility to place on others: our personal happiness.

In placing so much pressure on another person to make us feel a certain way, a place of consistent happiness will be hard to reach. Sure it might last for a little while, but without recognizing our own value, and finding interests and activities we enjoy and feel good when doing, that feeling of happiness is fleeting.

You are valuable and worthy. You impact people in ways only you can. You contribute something to this world that nobody else will. Believing you are valuable gives you a sense of happiness all your own. Finding out who you are and what you enjoy, seeing where you are challenged and how you overcome and grow through those challenges are incredible ways to find happiness within yourself, and strength.

Not only is it important to recognize, *and truly believe* that you are valuable, but having activities you enjoy participating in is a great way to find happiness within yourself. Maybe that means getting involved in a church community, or volunteering somewhere that allows you to give back to the community. Maybe it looks like engaging in a good conversation with a friend you've missed, or reading a new book series. Or possibly it means joining a group that enjoys the same interests as you; maybe it even looks like discovering a new hobby, something you feel great about participating in, or just spending time outside in the sun.

There are numerous ways to find something you enjoy participating in. Don't let another day go by without engaging in something you enjoy. You'll be happier for it.

I will leave you with this quote I saw from a colleague of M. Scott Peck:

*"But if you expect another person to make you happy, you'll be endlessly disappointed."*