

Interview five members of your family regarding their thoughts of happiness. Make a reflective journal

First, these are my family and my aunt perspectives or concepts of happiness:

- A. My mother's thoughts about happiness are obtained in a person's fulfillment, such as life's achievements, needs and wants' satisfaction, God's blessings, and love from people.
- B. My father's concept about happiness is delightful victories and unpredictable alterations that give advice and guidance from everyday living.
- C. My brother's perception of happiness is a never-ending joy from his varied life's ups and downs situations.
- D. My little sister's point of view for happiness is what she gets from her leisure time, such as playing with her dogs, watching Korean dramas/ series, video chatting with her former and new classmates, and spending time with our family.
- E. My aunt's thought about happiness is getting from one's self-development that enhances the physical, mental, emotional, social, and spiritual behavior and mentality.

According to Aristotle, a prominent Greek philosopher, happiness is the meaning and the purpose of life, the whole aim, and the end of human existence. In my opinion, happiness is vastly subjective because every individual has their various interpretational approach and emotional attachment to the definition of happiness. People can see their overflowing smiles in amusement parks, heartwarming compliments, elegant gifts, etc. Everyone receives deserving fulfillment; however, each person has worries and sadness. Therefore we have to be aware of the meaning of pain since it is inevitable in our part of our lives. No matter what happens, we must earn lessons and experiences from every challenge and never allow fear and pain to gain over us. But setting aside the pain and worries, all of us deserve to be given unwavering love, genuine happiness, and tremendous victory.

Generally speaking, happiness is a good feeling wherein we can benefit from our positive thinking and give great happiness to other people. More precisely, even the poorest man/ woman can be as happy as the wealthiest businessman/ businesswoman if he/ she understand and appreciate the valuable things or God's blessings. I believe that our contentment is the key to aim for happiness.