

Inspirational Quotes on Happiness

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Happiness is the art of making a bouquet of those flowers within reach.

Anon.

Happiness is the meaning and the purpose of life, the whole aim and end of human existence.

Aristotle

The foolish man seeks happiness in the distance, the wise grows it under his feet.

J. Robert Oppenheimer

True happiness is not attained through self-gratification, but through fidelity to a worthy purpose.

Helen Keller

If being happy is important to you, try this instead of regretting all you lack, celebrate all you've got.

Brian Vaszily

Man wishes to be happy even when he lives so as to make happiness impossible.

Augustine

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

William Saroyan

Being happy doesn't depend on any external conditions, it is governed by our mental attitude.

Dale Carnegie

Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.

Dale Carnegie

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

Happiness is not the end of life; character is.

Henry Ward Beecher

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

Mark Twain

A man may be satisfied but not sanctified, contented but not converted, happy but not holy.

John Blanchard

There is only one happiness in life, to love and be loved.

George Sand

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

Albert Camus

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

The secret of happiness is not in doing what one likes, but in liking what one does.

James Matthew Barrie

A happy life depends on a good conscience.

John Calvin

Happiness is the secret to all beauty. There is no beauty without happiness.

Christian Dior

To live is the rarest thing in the world. Most people just exist.

Oscar Wilde

Happiness is not the absence of problems; but the ability to deal with them.

Jack Brown

Happiness is an attitude. We either make ourselves miserable, or happy or strong. The amount of work is the same.

Francesca Reigler

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

Treya Stark

The secret of happiness is renunciation.

Andrew Carnegie

He who forgets the language of gratitude can never be on speaking terms with happiness.

C. Neil Strait

Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek.

Dalai Lama XIV

Spread love everywhere you go. Let no one ever come without leaving happier.

Mother Teresa

If you find serenity and happiness, some may be jealous. Be happy anyway.

Mother Teresa

In order to live free and happily, you must sacrifice boredom. It is not always an easy sacrifice.

Richard Bach

Happiness can be built only on virtue, and must of necessity have truth for its foundation.

Samuel Taylor Coleridge

A happy man is he that knows the world and cares not for it.

Joseph Hall

Until you make peace with who you are, you'll never be content with what you have.

Doris Mortman

The sexiest curve on your body is your smile. Flaunt it!

Anon.

Happiness comes in waves. It'll find you again.

Anon.

When you love what you have, you have everything you need.

Anon.

Happiness is letting go of what you think your life is supposed to look like.

Anon.

When it rains, look for rainbows. When it's dark, look for stars.

Anon.

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

Eric Hoffer

Wise men and women in every major culture have maintained that the secret of happiness is not in getting more but in wanting less.

Philip Slater

The joyfulness of a man prolongeth his days.

Proverbs 10:27

Happy is he who learns to bear what he cannot change.

Friedrich Schiller

Every day is a new day, and you'll never be able to find happiness if you don't move on.

Carrie Underwood

For every minute you are angry you lose sixty seconds of happiness.

Ralph Waldo Emerson

Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

Andy Rooney

A good laugh makes any interview, or any conversation, so much better.

Barbara Walters

A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness.

Albert Einstein

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

John Lennon

Sometimes life knocks you on your ass...get up, get up, get up!! Happiness is not the absence of problems. It's the ability to deal with them.

Steve Maraboli

Happiness is different from pleasure. Happiness has something to do with struggling, enduring, and accomplishing.

George Sheehan

When a man has lost all happiness, he's not alive. Call him a breathing corpse.

Sophocles

Most folks are as happy as they make up their minds to be.

Abraham Lincoln

Happiness is the spiritual experience of living every minute with love, grace and gratitude.

Denis Waitley

Action may not bring happiness but there is no happiness without action.

William James

There's nothing like deep breaths after laughing that hard. Nothing in the world like a sore stomach for the right reasons.

Stephen Chbosky

If you start to think the problem is 'out there,' stop yourself. That thought is the problem.

Stephen Covey

Think of all the beauty still left around you and be happy.

Anne Frank

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

Winston Churchill

The power of finding beauty in the humblest things makes home happy and life lovely.

Louisa May Alcott

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

Happiness grows at our own firesides, and is not to be picked in strangers' gardens.

Douglas Jerrold

Most people would rather be certain they're miserable, than risk being happy.

Robert Anthony

Happiness is a risk. If you're not a little scared, then you're not doing it right.

Sarah Addison

Most folks are about as happy as they make up their minds to be.

Abraham Lincoln

The end of life is not to be happy, nor to achieve pleasure and avoid pain, but to do the will of God, come what may.

Martin Luther King

The thing everyone should realize is that the key to happiness is being happy by yourself and for yourself.

Ellen DeGeneres

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

The only thing that will make you happy is being happy with who you are, and not who people think you are.

Goldie Hawn

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

Marcel Proust

True happiness ne'er entered at an eye; true happiness resides in things unseen.

Edward Young

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

Happiness is a state of mind. It's just according to the way you look at things.

Walt Disney

Trying to be happy without giving to others is like trying to kiss alone.

Brian Vaszily

Whether you are talking about education, career, or service, you are talking about life. And life must really have joy. It's supposed to be fun.

Barbara Bush

The person born with a talent they are meant to use will find their greatest happiness in using it.

Johann Wolfgang von Goethe

There you go... let it all slide out. Unhappiness can't stick in a person's soul when it's slick with tears.

Shannon Hale

Be happy with what you have. Be excited about what you want.

Alan Cohen

The true secret of happiness lies in the taking a genuine interest in all the details of daily life.

William Morris

The myriad things are complete in us. There is no greater joy than to reflect on ourselves and become sincere.

Mencius

Happiness does not depend on the actual number of blessings we manage to scratch from life, but on our attitude towards them.

Alexandr Solzhenitsyn

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

Dany Laferrière

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

Robert A. Heinlein

Seek for happiness and you will never find it. Seek righteousness and you will discover you are happy. It will be there without your knowing it, without your seeking it.

D. Martyn Lloyd-Jones

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

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

Mahatma Gandhi

You cannot protect yourself from sadness without protecting yourself from happiness.

Jonathan Safran Foer

If one speaks or acts with a pure mind, happiness follows like a shadow.

Buddha

It is a barren life that holds only happiness.

Frances J. Roberts

Happiness is not a station you arrive at, but a manner of traveling.

Margaret B. Runbeck

Some people cause happiness wherever they go, others whenever they go.

Oscar Wilde

The pursuit of happiness... is the greatest feat man has to accomplish.

Robert Henri

Happiness is that state of consciousness which proceeds from the achievement of one's values.

Ayn Rand

Embrace the glorious mess that you are.

Elizabeth Gilbert

If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present.

Roy T. Bennett

The only thing that will make you happy is being happy with who you are.

Goldie Hawn

Life's biggest moments seem really short but the great thing is the memory of that moment lasts forever.

Jeremiah Say

Happiness is not having what you want. It is appreciating what you have.

Jeremiah Say

They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.

Tom Bodett

Happiness is not a goal... it's a by-product of a life well lived.

Eleanor Roosevelt

Wine is constant proof that God loves us and loves to see us happy.

Benjamin Franklin

The most important thing is to enjoy your life — to be happy. It's all that matters.

Audrey Hepburn

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

Ayn Rand

Nobody really cares if you're miserable, so you might as well be happy.

Cynthia Nelms