

Do you enjoy playing the online games, shopping for the latest fashion, or joining a festive celebration? I am sure you do. Can you tell other ways to make yourself happy? Happiness actually does not always come from big things and events. It can be from little things.

There is a Chinese saying that goes: "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 somebody." I remember a time when I joined the Girl Guides to visit an elderly centre. We spent an afternoon playing group games, giving out presents and chatting together. We were not offering any practical help like cleaning their houses or cooking for them, but we lent our ears to them who just wanted to look for someone to listen. At the end, the elderly appreciated us for paying them a visit and waved goodbye with grins on their faces.

The activity may not seem like much for us but it can be an immense help for someone who needs it. I noticed that I had put a smile on someone's face. Doing a good deed will often result in that good, bubbly feeling of joy.

Helping someone out is one of simplest but also one of the most powerful things one can do to live a happy life. Experiment with this and do something good for someone else. You will get more joy out of giving joy to others.