

I consider myself a generally happy person and there are many things in my life that make me happy. My family, pets, close friends, coworkers, and hobbies and interests all make me happy for different reasons. My pets make me happy as they make me smile everyday and entertain me throughout the day with their antics and contagious purring. My cats provide unconditional love to me and I provide it back to them. I would say that I love my pets more than many people and they make me happier than many people. My coworkers make me happy as they listen to everything I tell them and we all get along, despite our clashing and differing personalities. My coworkers make me want to go to work and enjoy my shift with them. My hobbies and interests, such as reading, school, and other activities such as going to museums or on vacation or hanging out with friends also makes me happy. I have always enjoyed reading and getting new books was one of my favorite things to do and I always looked forward to it and felt happy in bookstores. I love hanging out with my friends, even if we don't do anything, and I love going to museums, learning new things, and travelling to different places, though I do not do it very often. My close friends make me happy because they are people I can always count on and we all love each other like family, though we are not related by blood. I think my family provides me with the most happiness in my life. I cannot even describe how happy my family makes me. I always have a great time with the family members I don't see everyday and we all get along incredibly well. My immediate family has given me so much love and provided so much for me to be where I am today. I cannot express how happy they make me and how happy I am that they are in my life. There is so much unconditional love and positive regard in my family and I know that I will never be without love or support from my family and I can always count on them.

I think there were different things that made me happy at different times of my life. When I was younger, I may have included things like toys or sleepovers in my list of things that made me happy. As I have grown, I have realized what is important to me and what I cannot be without, which is what is included in my list of things that make me happy. Most things that make me happy are people or other living creatures, but my interests and hobbies are important to me as well and those help keep me occupied and always learning, more aspects that make and keep me happy.

I don't think physical health necessarily relates to happiness. I find that it depends on the person and what they consider physically healthy and how they feel about being physically healthy. Personally, I find that physical health makes me happy. Once the pandemic really hit the United States and everything started shutting down, I began to take charge of my physical health and started working out and eating well. To this day, I continue to exercise every day and try to eat well to keep myself healthy. I find that my overall happiness relates to physical health.

The pictures I included below may have been used for previous modules, but I think it is important for me to emphasize what and who makes me happy by repeating some images from my list. The pictures below include my family, coworkers, and pets.

