

### Three Elements of Happiness

Hello, my name is Jeon Hyeongwoo. Today, I'd like to share the meaning of happiness that I have realized in my life.

What do you think happiness is? Making a lot of money or ascending to a high social status? The answer is No. Of course, these kinds of things can help us be happy, but they are not happiness in themselves. So, what is happiness? I think there are three elements in happiness. Happiness is daily, unconscious, and momentary.

First of all, we can find it anytime and anywhere. When we play sports, when we watch an interesting movie or drama, when we are cracked up in funny talking with friends, and when we watch beautiful sunset on the way back home. Naturally, all we have had this type of experience. And it is also clear that the feeling at this time is happy. Did you think happiness was something grand? No. Happiness is a daily thing.

But, do we say 'I am happy' in these situations? For example, when we focus on an impressive movie, do we suddenly get up from our seats and then shout 'I am happy'? Nope. If you do that, you'll probably be treated like a weird person. So, this is the second element of happiness. When we focus unconsciously on a task or situation, we can feel happy. And there are many things we can focus on. As I said, it can be a daily thing. And it can be also a process of achieving goals. When I was in high school, I studied hard to go university. Looking back, I was happier in the process than when I achieved that goal. When I found out what I didn't know, corrected my shortcomings, and devoted myself hard to achieve something-these things were happy but also unconscious.

But, unfortunately, these feelings do not last forever. And this is the last element. Happiness is momentary. As we know, there are not always happy moments in life. And there are definitely sad and painful things. Nevertheless, happiness is valuable because it is momentary.

After being accepted to university, I lost my goals and moments in life. I was just missing the past and feeling depressed. However, since I come to Aichi University for exchange student, my life has changed a little. At first, because the language was different, I had to study twice more than other students, and if there is a problem for living, I had to solve it mostly on my own. Actually, they were difficult moments. But at some point, I felt alive. Studying abroad is hard work. But it made me to meet more and varied people, put more effort into studies, focus on reality, and got me back on track in my life.

According to the ancient Greek Stoics, happiness is the absence of pain. Those who don't know pain cannot feel happiness. We face many difficulties in life. And happiness can be found in the process of solving those problems. The best way to be happy, I've found, is just focusing on reality, unconsciously. Neither the past nor the future, just the reality. Focusing on reality means concentrating in our daily lives. And then, all we have to do is just sense and remember the moment. Thank you for listening.