

## Happiness

Sometimes we might wish we were as rich as our neighbor or had the same nice clothes as a friend. Other times we wish we were smarter or more talented. One secret for being unhappy is to always compare ourselves to someone else. It won't matter how talented, or smart or wealthy we are, we'll always wish we were something different. On the other hand, one secret to being happy is to learn to be content with who we are and what we have. If there is something about ourselves that we don't like, then change what we don't like, and make ourselves better people. If there is something that we don't have that we really want, then we should work and save and earn it.

There are too many people who are talented, smart, and wealthy, yet remain unhappy. They are too busy looking at what everyone else has, and measuring that against what they don't have. This life is often compared to a race, but the difference is that we don't race against others—we only race against ourselves. A happy person learns to be happy with what they have, and to let others be happy with what they have. A happy person learns to be better today than he was yesterday. In that way, that person is winning the race.