

9 Common Traits Of Happy People

Happiness. It's the term thrown around more often than any other when people are asked what they aspire to most in life. A loving partner, a fun high-paying job, and endless world travel are also among some of the most common answers, however, all of these are preference-based means to the one ultimate end, which is happiness. Being so sought-after, I thought I'd put together a list of traits that seem to be common to happy people – and I'm talking about the genuinely happy people, not just those who appear to be so on the surface.

In compiling this list I'm not suggesting that these are the only keys to happiness, I simply hope to shed light on some common characteristics I've noticed.

1. Love Themselves For Who They Are

On the surface this may sound incredibly egotistical, but by it I simply mean that they are truly comfortable in their own shoes. They accept and embrace themselves physically, they maintain their true character traits regardless of whether or not they receive approval for them, and they work to make the best of the human experience they are living – rather than wallow in what others would define as weaknesses or shortcomings.

2. See Relationships As An Extension To, Rather Than The Basis Of, The Human Experience

Relationships, whether friendly, familial, or romantic, are certainly one of the greatest parts of the human experience. However, far too many of us let their presence or absence, and even more so the value we attribute to them, dictate our overall happiness in life. I've found that genuinely happy people tend to find complete contentment within themselves, and see all relationships as the awesome extension to their self-content. It's often when we are not looking for others to fill a particular void, or to make us feel a certain way, that most of our truest and most valuable relationships are formed.

3. Embrace Change

Life is a constant lesson and happy people tend to be well aware of that. Not only are they always open to change, but they truly listen to suggestions, respect and consider all opinions, and take criticism constructively rather than offensively.

4. Celebrate Rather Than Compare Themselves To The Accomplishments Of Others

Jealousy is a killer, and as Gary Allan once said, "You can be the moon and still be jealous of the stars." We are all capable of accomplishing anything in this life and are the only ones that are going to find the drive within ourselves to do it. Rather than observe and compare to those who have accomplished, the truly happy tend to celebrate it and use it as motivation to accomplish things within their own lives.

5. Never Dwell In Being A Victim

We've all been the so-called "victim" to several things in life, whether it be an unexpected break-up, getting fired from a job, or even something as serious as the recipient of domestic abuse. Truly happy people tend to be those who choose not to dwell in it. They choose to let the victimization strengthen them, rather than wear it as a badge of weakness or as the thing that makes them consistently worthy of receiving sympathy.

6. They Live In The Present

As fun as reminiscing about the past or fantasizing about the future can be, nothing will ever be done in anything but the present and happy people tend to realize that. Not only that, they tend to use that knowledge as motivation to make the most of each and every moment. In addition to being motivating, presence can also come in handy for truly appreciating those moments of relaxation, allowing yourself to be truly in them rather than distracted by future concerns.

7. Trust That Everything Happens For A Reason

This can very easily be paired with the choice to not be a victim, but happy people tend to trust the process and existence of everything in their life. They know that nothing is ever too big to handle and choose to embrace what life is currently throwing at them rather than cowering at the sight of it.

8. They Don't Let Money Dictate Their Lives

Nobody is denying that in this world right now we all need money to exist, and as a result, many of us spend the bulk of our lives doing things that help us earn it. What I've found to differentiate happy people is that they don't let money be the ultimate dictator in their life. They still make sensible choices within their means, but they never let money: A) prevent them from pursuing a so-called "risky" passion, B) be the factor that is blamed for why their life is so miserable, C) complain about how little they have. There are creative ways to do everything in this world, and seeing money as only being possible to make in the standard ways is the most crippling thing to that creativity.

9. Look Within For Solutions

One of the most powerful realizations a genuinely happy person will often operate based on is "change starts within." The empowerment that comes as a result of not only realizing this but even more so in using it as the backbone to everything in life can be quite remarkable. There are thousands of books, mantras, techniques and practices out there that can all help us to find solutions to so many things in life, but they all require one thing to truly be serviceable: the consciousness to support them.